

The Three Refuges: Buddha, Dharma, and Sangha

Insight Meditation In-Person Retreat

Led by Ginger Clarkson and Travis Hicks

Saturday, January 21, 2023

9 am to 4 pm

Villa de Matel, 6510 Lawndale, Houston 77023

Cost: \$75

Sponsored by Insight Meditation Houston

The Three Refuges: Buddha, Dharma, and Sangha

Aside from guiding periods of silent sitting and walking meditation, retreat leaders Ginger Clarkson and Travis Hicks will speak about how taking refuge in the Buddha, the Dharma, and the Sangha help to sustain our practice. The Buddha refers to not only the historical figure of a human being who attained enlightenment but also to the capacity of each person to wake up. Dharma refers to the teachings of the Buddha and other sages as well as to our direct experience of the truth of those teachings in our daily lives. Sangha refers to the spiritual community that supports each individual's growth in awareness. IMH sangha welcomes you to attend this in-person-only retreat.

The retreat is suitable for new and experienced meditators. This retreat will start at 9:00 am and conclude at 4:00 pm. The schedule includes periods of silent sitting and walking, dharma talks about each part of the theme, and smaller group discussions led by each teacher. See schedule below.



Ginger Clarkson is a Community Dharma Leader, certified by Spirit Rock Meditation Center in Woodacre, California. She is the author of *A Silent Cure: Transforming Preverbal Trauma Through Meditation* and *Poems From the Heart of Silence*, a compilation of poetry inspired by month-long silent meditation retreats. Ginger is a Music Therapist and has recently completed Buddhist Chaplaincy Training. She has led Insight Meditation Houston since 2012.



Travis Hicks is a Mindfulness Meditation Teacher, certified by the Greater Good Science Center at the University of California, Berkley. Travis is an architect and former Board Chair of IMH. He has given talks at Insight Meditation Houston since 2017.

Registration: The cost of the retreat is \$75. An additional amount for teacher dana can be added to the registration fee at the time of payment or made separately at the end of the retreat. Space is limited, so please register early through the IMH website or my mailing in the registration form. Scholarships are available upon request.

Cancellation policy:

- If you cancel your registration within one week of the event you will receive NO refund.
- If you cancel more than a week before the event, you will receive a full refund less any applicable Paypal fees.

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After giving the receptionist our group name (IMH) and getting a guest badge, we will gather in silence in the dining room until we are all present. Our facilitator is Sr. Mary McHale.

- 9:00 Greetings and Qigong
- 9:30 3 Refuges and 5 Precepts
- 10:00 Instructions and Sitting Meditation
- 10:30 Ginger's Talk on Refuge of the Buddha
- 11:00 Instructions and Walking Meditation
- 11:30 Travis's Talk on Refuge of the Dharma
- 12:00 Sitting Meditation and Instructions on Mindful Eating
- 12:30 Lunch served by Villa de Matel (Vegetarians and those on special diets can bring their own lunch. Green salad and fresh fruit will be available.)
- 1:00 Walking Meditation
- 1:30 Ginger's Talk on the Refuge of the Sangha
- 2:00 Sitting Meditation
- 2:30 Walking Meditation
- 3:00 Metta (Loving Kindness) Practice
- 3:20 Mindful Speaking Practice
- 4:00 Closing