

## *Four Foundations of Mindfulness*

Insight Meditation Houston In-Person Retreat

Led by Ginger Clarkson and Travis Hicks

Saturday, February 17th, 10 am to 5 pm

Fellowship Hall, Covenant Church

4990 Caroline Street, Houston, 77004

Cost: \$40

### *Four Foundations of Mindfulness*

The Buddha taught that cultivating awareness of the Four Foundations of Mindfulness leads towards freedom and awakening. The Foundations refer to four different areas of human experience: the body, feeling tone (sensations that are pleasant, unpleasant or neutral), emotions (known as “mental factors”), and mental objects (the core teachings of the Buddha). During a daylong, in-person retreat (from 10:00 am until 5:00 pm on Saturday, February 17, 2024), Ginger Clarkson and Travis Hicks will take turns giving brief dharma talks about each of the Four Foundations. Participants will incorporate these specific aspects of mindfulness into their sitting and walking meditation practice. Noble Silence will be observed for most of the day, except for Q & A periods. There will be a half-hour lunch break at 12:30. Retreatants are asked to bring a brown-bag lunch for their meal.

The retreat is suitable for new and experienced meditators. This retreat will start at 10:00 am and run through 5:00 pm. The schedule includes a series of brief dharma talks, guided reflections, and periods of silent meditation, helping us to practice freeing the mind. There will be a short break for lunch, which each participants is expected to bring a brown-bag lunch for themselves. Bottled water will be provided.

Chairs will be provided. Those participants wishing to sit on the floor will need to bring their own cushions and benches.

**As we will be together in an indoor space, we ask that all participants be free of symptoms of COVID or other respiratory illnesses. We take these safety measures to ensure the well-being of our most vulnerable members.**

**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, Berkeley. Travis is an architect and former Board Chair of IMH. He has given talks at Insight Meditation Houston since 2017.

**Registration:** The tuition for the retreat is \$40 each. Scholarships are generously provided by the sangha, for those in need. In addition, it is customary for retreatants to offer dana (good-will donations) to the teachers at the end of the retreat. Registration will end on February 15th. Please register through the IMH website or my mailing in the registration form.

**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.