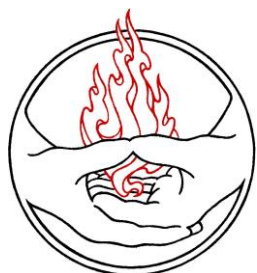


# Day-Long Retreat: The Troubled Dwarfs and Problematic Energies

Sponsored by:  
Insight Meditation Community of  
Fredericksburg  
[www.meditatefred.com](http://www.meditatefred.com)



**Bill Brooks**, co-founder and teacher of [Insight Meditation Community of Fredericksburg](#), has been studying and practicing mindfulness for over a decade. He was trained by senior teachers Tara Brach, Hugh Byrne, Pat Coffey and Jonathan Foust through the [Meditation Teacher Training Institute](#). While much guidance has been provided by these teachers, Bill has found the very real experiences of life to be his greatest teachers. He also teaches yoga (RYT 200) around Fredericksburg, having received his training through the [Integral Yoga Academy](#) at [Satchidananda Ashram](#).



## The Troubled Dwarfs and Problematic Energies

A Day-Long Silent Retreat with Bill Brooks

October 21, 2017

Like the story of Snow White, our troubled dwarfs are named for their dominate personality trait. Greedy, Grumpy, Sleepy, Anxious, and Dubious are governed by energies that can be quite challenging for them. They often find themselves in situations in which it is difficult to make skillful choices because of these traits. In contrast, Mindful's ability to stay present has allowed him to gain insight into these problematic energies and to work more skillfully with them. What is the insight that Mindful has gained about these energies? How has that insight aided in his life? Why are the other dwarfs hindered by these energies?

This day-long retreat will be an inquiry into the energies represented by our troubled dwarfs. It will include periods of guided and silent meditation, a dharma talk, lunch shared in silence, and time for discussion and questions. Come join us as we attempt to learn from the dwarfs' and our own experiences.

This retreat is suitable for those new to meditation practice, as well as experienced meditators.

**When:** Saturday October 21st      9:00 am – 4:00 pm

**Where:** Unitarian Universalist Fellowship of Fredericksburg  
25 Chalice Circle  
Fredericksburg, VA 22405

**Cost:** The suggested donation for this event is \$35 to \$55. However, no one will be refused participation due to lack of funds.

**Registration:** If you plan to attend, please register online [here](#). We want to be able to notify you if needed.

**On the Day of Retreat:** Please come a little early, so we can begin on time. Bring a bag lunch and whatever sitting materials you need. If needed, there will be chairs for your use. Tea, water, and light snacks will be provided.