

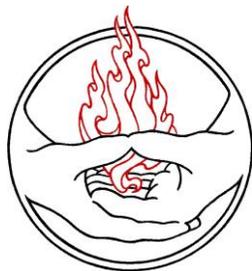
Half-Day Retreat: Mindfulness of the Body - A Practicum

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Insight Meditation Community of
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Mindfulness of the Body – A Practicum

A Half-Day, Online Silent Retreat with Bill Brooks

October 24, 2020



In *Dubliners*, James Joyce says about one of his characters, “Mr. Duffy lived a short distance from his body.” This could probably be said about anyone. I know that it applies to me more often than I like to admit. Over 2,500 years ago, Buddha recognized how important being embodied was to our well-being. He made it the first foundation on the direct path to the ending of suffering. Establishing mindfulness of the body is the beginning step in understanding the nature of this human life.

This retreat will be provided online via Zoom. It will be a practicum in being mindful of the body, in being embodied. Together we will explore a set of the practices for being mindful of the body that are identified in the *Satipatthana sutta*, Buddha’s teaching on the foundations of mindfulness. There will be a series of short talks to provide context for each of the practices followed by time to engage with and explore the practice. Time will also be made for questions and reflections.

This half-day retreat is suitable for those new to meditation practice, as well as experienced meditators. All are welcome.

When: Saturday October 24th 9:00 am – 12:30 pm

Where: <https://zoom.us/j/98400092702?pwd=QTVMTGJzNUsvaVdveG5EYXc1NlplUT09>
Meeting ID: 984 0009 2702
Passcode: 954524

Cost: The suggested donation for this event is \$25 to \$45. [Donate Here](#). However, no one will be refused participation due to lack of funds.

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

Bill Brooks, co-founder and teacher of [Insight Meditation Community of Fredericksburg](#), has been studying and practicing mindfulness for over a 15 years. 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 leads daily meditations as a teacher for [Telesangha](#) and teaches yoga (RYT 200) around Fredericksburg.

