

# You are invited

to join us for a three-day  
experience of mindful practice  
including silence, dialogue &  
communication...

Rev. Robert Brumet and Rev. Lori Woodley will partner to combine their individual teachings to bring greater awareness to your mindfulness practice. Building on the foundation of insight meditation, Robert will teach the mindful transition to insight dialogue and Lori will teach the mindfulness skills of Nonviolent Communication.

Our program begins on Thursday evening, March 8 at 7pm and concludes around 4 pm Sunday, March 11. It includes sitting meditations, walking meditation, small group insight dialogue experience and Nonviolent Communication experiential teaching. At certain times Robert and Lori will give instruction, answer questions and be available for consultation with small groups.

Evening meals will be provided. Light snacks and non-caffeinated beverages will be available throughout the program.

Come prepared to be spiritually  
nourished by this experience.

## Insight Meditation

Insight Meditation aims to free the mind from the distortions of self-centeredness, negativity and confusion. Through intensive practice of moment-to-moment investigation of the body-mind process, the mind gradually sees more clearly into the nature of itself. Such clear seeing leads to freedom from the attachments and misconceptions that cause our suffering, and allows us to open to a path of wisdom and compassion.

Insight Meditation is a powerful tool for liberating ourselves from the bondage of our conditioning. Seeing life as a constantly changing process, one begins to accept pleasure and pain, fear and joy, and all aspects of life with increasing balance and equanimity.

## Insight Dialogue

Insight Dialogue is an interpersonal mediation practice. It brings the mindfulness and tranquility of silent meditation directly into our experience with other people. As humans, we are relational beings; as we begin to wake up, clarity and freedom can illuminate our relationships with others.

## Nonviolent Communication

Nonviolent Communication (NVC) is a language that teaches the skills for hearing and connecting with the experience of other's as well as communicating to others in a skillful way that enables them to understand and connect to your personal experience.

In our culture, generally people have a larger repertoire for labeling and judging than for clearly describing their emotional states. When we judge, we are looking outward. NVC focuses on being aware of your current moments experience and then learning the skills to express your experience and what you want without judging or blaming.

## Mindful Communication

- Insight Meditation
- Insight Dialogue
- Compassionate

Communication

**March 8 – 11, 2012**

Three-day retreat

Rev. Robert Brumet &  
Rev. Lori Woodley  
Teachers



[www.peacematters.com](http://www.peacematters.com)

[www.unitysangha.org](http://www.unitysangha.org)

## Retreat Schedule

Thursday:	7:00pm – 9:00 pm (6:30pm check in)
Friday:	10:00 am – 9:00 pm
Saturday:	10:00 am – 9:00 pm
Sunday:	10:00 am – 4:00 pm

## Guidelines:

- Bring your own brown-bag lunch on Friday, Saturday and Sunday. Evening meals are provided Friday and Saturday. (A refrigerator and microwave oven are available for your use.)
- Please let us know in advance if you have any special needs.
- Bring your own sitting equipment: (ground padding, meditation bench/sitting cushion, light blanket). There are a limited number of chairs available.
- Wear comfortable clothing and bring along your rain-wear in the event there is light rain when we walk.
- Support others attending who may have allergies; avoid using strongly scented soaps, creams and per- fumes during the retreat.
- Please leave cell-phones, pagers, watches that signal and other such devices in your car.
- Please refrain from bringing noise-producing clothing, plastic bags, etc. into the retreat area.

## Registration fees:

Three-day retreat \$125

Payable by check or credit card

- Checks payable to Peace Matters
- Credit Card Payments at  
[www.peacematters.com](http://www.peacematters.com)

We strongly encourage you to register before February 17. Space is limited to 24 participants. (A wait-list will be created, if needed.)

The price for three days includes three days of retreat, two dinners and parking on-site at the Unity Village Clubhouse.

**Dana (love offering)** The retreat fee covers the cost of the retreat. The instructors receive no payment from the retreat fee. They offer themselves to the retreat on a "Dana" basis. Dana baskets are available during the retreat for donations the teachers. They appreciate your support for their teachings. Since the time of Buddha this interdependency has existed between those who offer the teachings and those who receive them and the instructors feel that it is a beautiful tradition and appreciate the spirit of trust and generosity it engenders.

**Partial scholarships are available on a limited basis.** If you wish to apply for a scholarship, contact Lori at 816-251-4565 or [lori@peacematters.com](mailto:lori@peacematters.com)

**Refund Policy:** When requested in writing, we will honor 100% refund prior to March 1, 2012. No refunds after March 1, 2012.

**Accommodations:** On-site accommodations are available. Please contact Unity Reservations at 816-251-3540.

## Registration Form

Name:

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Address:

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City:

State:

Zip:

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Phone:

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Email:

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### Method of Payment:

Check (payable to Peace Matters)

Credit Card

(pay online at [www.peacematters.com](http://www.peacematters.com))

### Mail Registration Form

Please fill in the above information and mail with your payment to:

Peace Matters  
200 NE Missouri Road, Suite 234  
Lees Summit, MO 64064  
816-251-4565

We will send out directions to Unity Village one week prior to the retreat.