

# Insight Meditation Programs

Eight-month programs for practitioners of the Dharma – October 2018 to May 2019



For anyone wanting to go deeper in their spiritual practice,  
for those wanting the support to deepen and maintain their practice,  
for beginners and those already practicing who are committed to this path,  
these programs are being offered.



These programs **require a commitment** of daily practice and attendance at monthly gatherings. There will be *assignments* to do between sessions, suggested reading and writing, and contemplations. You will receive periodic emails with reminders and encouragement. Spreading out the teachings over 8 months will help them stick more than a basic 6 week course. The longer days also offer time for contemplation, meditation, and group discussion and support.

**Basic Insight Meditation Course** – For those new to the Dharma, and for those who want to renew, continue, and deepen in the basic teachings of the Buddha, this course is offered. Teachings include meditation instructions, a short history of Buddhism and why practice, basic teachings such as The Four Noble Truths which includes the Noble Eightfold Path, the three characteristics, the four Brahma Viharas. We will discuss living with intention, what is generosity, causality, insights, and one's true nature. (Class size limited to 20 students.)

***Second Saturday of the Month:***

October 13, November 10, December 8, January 12, February 9, March 9, April 13, and May 11

***Requirements:***

None except the commitment to practice and attend each session.

**Continuing Insight Meditation Course** – For those already familiar with the basic teachings, who wish to continue, and deepen in their practice, this course is offered. This course will go deeper into the teachings of the Buddha and include teachings from other spiritual masters such as Nisargardatta, Sri Ramana Maharshi, Eckhart Tolle, and Krishnamurti. The teachings of other masters are offered to deepen our understanding from various perspectives. (Class size limited to 16 students.)

***First Saturday of the Month:***

October 6, November 3, December 1, January 5, February 2, March 2, April 6, and May 4

***Requirements:***

Must have been in one of Joan's previous courses in the past 2 years

OR with permission. Send the application email below with your current practice and previous experience in Buddhism.

**For either program:**

**Time:** 10 AM – 3 PM

**Location:** Buddhist Dharma Center of Cincinnati, on Moline Ct. off Hamilton Ave. in Northside.

**Lunch:** Students provide the group *vegetarian* lunch. You will be asked to sign up at least once to bring a soup, salad, bread or desert.

**Cost:** \$50 which covers rental of the monthly space only. Each gathering will have a basket where you may give Dana to Joan. Please bring a check for the \$50 to the first session made out to Cincinnati Dharma Center. *Don't let finances stop you from signing up. Scholarships are available to cover the cost.*

**Joan Staubach** is an active member and past president of Tri-State Dharma. She is an experienced practitioner of Insight Meditation. She has been practicing since 1999. She has taught and co-taught the New Year's Retreat for over 10 years, led daylong retreats, and taught numerous Insight Meditation classes. She has taken training retreats with Matthew Flickstein on Sharing the Dharma. You can contact Joan at [joanstaubach@gmail.com](mailto:joanstaubach@gmail.com) or by calling 513.205.0700.

Please do not sign up if you are not really committed to attending each monthly session and doing the contemplations during the month. Sometimes something can come up where you might miss a month, but please consider this a rarity. Do your best to come every month.

To register, please email a copy of these questions and their answers to [joanstaubach@gmail.com](mailto:joanstaubach@gmail.com).  
*Please Register by September 22.*

## **Application for Insight Meditation Program**

*Application required because I want your acceptance of commitment to this program.*

Program Name: \_\_\_\_\_

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Previous Experience with Buddhism:

Current Practice:

What would you like to get from this program?

Can you make all the gatherings, and will you make the commitment to a daily practice? *Daily practice will be a commitment to at least 10 minutes (Basic Course) 20 minutes (Continuing Course) of meditation most days of the week to start, and eventually increasing the time /day.*

If not, why?

What might keep you from meditating 10 or 20 minutes per day, every day?

*When the student is ready, the teacher will appear.*