



A DEEP DIVE - THE TWO WINGS OF MINDFULNESS

WISDOM AND COMPASSION

5 DAY SILENT MEDITATION NATURE RETREAT

January 20-24, 2025
Virtual Retreat on Zoom



MEDITATION COMMUNITY



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CHANGING THE WORLD. ONE BREATH AT A TIME



The Asri



ABOUT THIS RETREAT

Theme: The Two Wings of Mindfulness—Wisdom and Compassion

Focus: Cultivating Insight, Open-Heartedness, and Connection in Harmony with Nature

A Deep Dive into Mindfulness and Compassion invites participants to explore the transformative practice of mindfulness as a pathway to cultivating wisdom (paññā) and compassion (karuṇā), the two wings essential to awakening. Set against the tranquil backdrop of a secluded marine sanctuary along the Philippine coast, this five-day silent retreat offers the perfect environment for deepening mindfulness, developing insight, and opening the heart. Participants will delve into the Four Foundations of Mindfulness—body, feelings, mind, and mental objects—while experiencing the interconnectedness of inner and outer worlds.

With each day dedicated to a specific foundation of mindfulness, participants will gently develop the clarity and understanding of wisdom alongside the care and kindness of compassion, finding balance and harmony in their practice and their lives.

In the harmonious sanctuary of sea and sky, A Deep Dive into Mindfulness and Compassion offers a deeply restorative experience. With the ocean's rhythm as a guide, participants learn to embody mindfulness and cultivate compassion, finding profound peace and connection within themselves and with the world around them.



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RETREAT INCLUSIONS

MINDFULNESS & COMPASSION MEDITATION GUIDANCE

Focus on being skillfully aware of what you're experiencing in the present moment, without interpretation and using discernment.

The silence creates space for profound personal growth, allowing participants to explore their minds and emotions without external interference.

DHAMMA TEACHINGS

The truths that the Buddha revealed are called Dhamma.

MINDFUL MOVEMENT

Bringing full awareness to the body's movements, focusing on sensations and the breath.

MINDFULNESS IN DAILY LIFE ACTIVITIES

- Mindful Eating
- Walking Meditation
- Active Listening
- Nature Gazing

Dana/Generosity: The retreat rate covers accommodations, meals, and other retreat expenses, but it does not include fees for the teachers, who offer their guidance as an expression of service and compassion. There will also be an opportunity to offer Dana for the teachers and center at the end of the retreat. Thank you for your support!

VIRTUAL RETREAT RATE

USD 390

PAYMENT METHODS

Union Bank

Imelda C Endelman
1093 5070 8332

BPI

Imelda C Endelman
2339169104

Paypal

paypal.me/mindfulimee

Once payment is made, kindly send a proof of payment to this VIBER/WHATSAPP/SIGNAL account: 0956 026 9753



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THE ASRI ANILAO, BATANGAS

Venue & Sacred Spaces



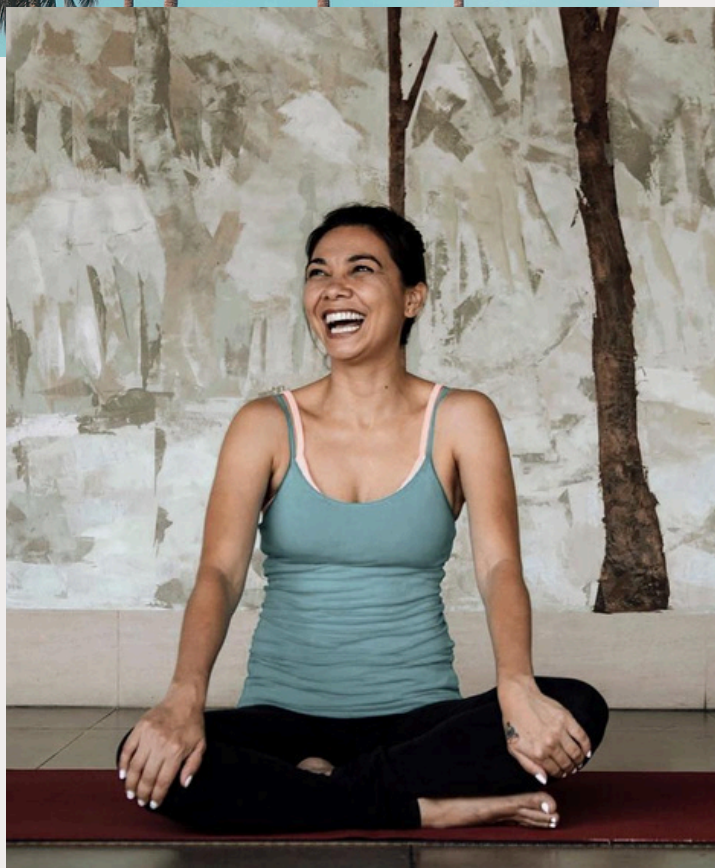
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IMEE CONTRERAS, CMT-P

Imee Contreras is the founder of Mindfulness Asia. She is a co-founder and guiding teacher of Philippine Insight Meditation Community and Katahimikan; National Day of Mindfulness.

She is deeply honored to have Thanissaro Bhikkhu, Tara Brach Ph.D., and Carol Cano M.A. as her direct mentors on the spiritual path. Her formal training includes Spirit Rock Meditation Center's Community Dharma Leadership program, UCLA Mindful Awareness Research Center's Training in Mindfulness Facilitation, and Stanford University's Compassion Cultivation Training.

She is a mentor for Jack Kornfield and Tara Brach's Mindfulness Meditation Teacher Certification Program and the Power of Awareness course. She is a Cross-Cultural Mindfulness teacher and Board Member of Braided Wisdom. She is an affiliate teacher and mentor at UCLA and a visiting teacher at East Bay Meditation Center.



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EILEEN FULACHE TUPAZ

I've been supporting people in the life-long labor of growing lotuses from mud, transforming poisons into antidotes and turning arrows into flowers since 2011—and I love providing this support in the form of teaching, mentoring and coaching. I'm passionate about helping people feel safe (enough) with themselves and in the world so that they can embody and express their highest intentions. I tend to lean on mindfulness-based, body-centered and psychotherapy-inspired approaches in doing this work—but I'll rhapsodize unabashedly about the dharma if I'm given the chance (so be duly warned!). Outside of the Triple Gem, I take refuge in music (which I play badly), poetry (which I read avidly) and writing (which I indulge regularly).

I love working with people who are committed to waking up because of a profound love for life itself—and who combine a deep reverence for the path with a lighthearted acceptance of what the journey entails.



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SAMPLE SCHEDULE

DAY 1: JAN 20

02:00 PM: Arrival
05:00 PM: Welcome Orientation
06:00 PM: Light Dinner with
Mindful Eating
Instructions
07:00 PM: Dhamma Teaching
08:00 PM: Sitting Meditation
09:00 PM: Continued Practice / Rest

DAY 2 TO 6: JAN 21-23

06:30 AM: Wake up bell
07:00 AM: Sitting meditation
07:45 AM: Mindful movement
09:00 AM: Breakfast
10:00 AM: Meditation instructions
10:45 AM: Sitting meditation
11:30 AM: Walking meditation
12:00 AM: Lunch / Rest
01:45 PM: Sitting meditation
02:30 PM: Walking meditation
03:15 PM: Sitting meditation
04:00 PM: Mindful activity
06:00 PM: Light dinner
07:00 PM: Dhamma teaching
08:15 PM: Sitting meditation
09:00 PM: Continued practice / Rest

DAY 7: JAN 24

06:30 AM: Wake up bell
07:00 AM: Sitting meditation
07:45 AM: Pack / Clean up
09:00 AM: Breakfast
10:00 AM: Closing
12:00 PM: Lunch
01:00 PM: Departure

(Time Zone Converter)



ESSENTIAL THINGS TO KNOW

About Your Teacher Meeting Schedules:

Retreatants will be assigned to a small group teacher meetings during the retreat. You may be assigned to a meeting at either **11:00am or 4:00pm Manila Time.**

Agreements

- Participants must have had prior experience with meditation.
- Participants must have read and understood the health warnings about meditation retreats.
- On registration, participants must be willing to complete and submit responses to an encrypted and confidential questionnaire about one's meditation experience and mental health wellbeing. The link to this questionnaire will be provided in an email on registration.
- Participants understand that the retreat is a time to learn and practice meditation and it is not a substitute for individualised personal therapy.
- Participants are responsible for their own physical and mental health needs, and absolve the facilitators from these responsibilities.
- Participants accept full responsibility for themselves during this retreat and waive all liability from Malcolm Huxter and Lisa Brown for all personal results or outcomes.



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FAQS

Why are retreats in silence?

Once your course begins, you will be asked to honor what is known as “noble silence” – a quieting of the body and voice that helps cultivate a calm and peaceful retreat environment. This powerful tool greatly enhances the deepening of concentration and awareness. Noble silence also fosters a sense of safety and spiritual refuge, even when sharing intimate spaces with others.

Since everyone lives together in close community, your willingness to embrace the silence and simplicity helps everyone – it not only acts as a support for your own practice but is also a direct way of supporting your fellow retreatants.

We request that you not engage in other forms of communication while on retreat. Please turn off your cell phones and turn it over to the teacher for the duration of your stay. Please leave behind your laptops, iPods, iPads and other communication devices so that you can commit to your retreat wholeheartedly and reap the benefits of that commitment. Noble silence includes not reading, writing, keeping a journal, receiving mail, or otherwise keeping busy and distracted. By leaving at home the many activities and communications that worldly life entails, you offer yourself the gift of stillness.

Please give our retreat manager's number to a family member or close friend to use in case of emergency so you do not have to check your cell phone. If you have fragile or dependent family members that you need to stay in contact with, please notify our office so arrangements can be made.

Silence is broken at the end of Retreat Center courses, in time to allow you to talk and share your experience with other participants.

Can I speak with the teacher while on retreat?

Although retreats are conducted in silence, there are scheduled times for retreatants to speak with teachers and ask questions about meditation practice.

Is a retreat appropriate for me at this time?

An intensive silent retreat can be a positive and life transforming experience. At the same time, meditation practice can be strenuous and requires some stability of physical and psychological health.

If you have recently experienced considerable trauma, significant depression or anxiety, or are currently experiencing strong PTSD (post traumatic stress disorder), a silent retreat may not be appropriate for you at this time in your life. A therapist can help you assess the wisest course duration for you, or if it's best to wait a while before signing up. Daily life practice may be more beneficial meanwhile.





FAQS

Participant Guidelines for a Successful Online Retreat

It's important to us that you feel supported during your virtual retreat. Please read these guidelines carefully to understand the unique benefits and challenges that come with this online format.

<https://drive.google.com/file/d/1rElyDCx5f0ydY6gk6-6Z6AFGx5quxaxJ/view>

What if I get sick while on retreat?

If you are feeling unwell during the retreat, we ask that you rest, recover, and practice self-care. You may continue your practice with the guidance of the teacher. We will ensure that you feel comfortable and at ease.



Mental health

If you are seeing a therapist and/or any other mental health professional, please inform them of your intention to participate in a silent retreat. If they have any concerns about your attendance, it is important to follow their recommendations.

Prescription Medication

If you are taking prescription medications for any reason, please ensure you have enough supplies with you to continue treatment for the full duration of your retreat. Discontinuing taking your prescription medications during a retreat is not recommended.

EMERGENCY CONTACT

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FAQS

Are there ethical guidelines for retreat life?

A commitment to undertake training in these precepts helps ensure our retreat environment of safety, refuge and non-harming.

While on retreat, all participants undertake:

- To refrain from harming any living, sentient beings – not to kill or intentionally hurt any person or creature, even an insect.
- To refrain from taking what is not freely given – not to steal or ‘borrow’ without the consent of the giver; to accept what is offered and not try to change it or get more.
- To abstain from sexual activity.
- To practice noble silence and to refrain from harming by one’s speech – not to lie, gossip or use harsh or hurtful language.
- To abstain from using alcohol, recreational drugs and other intoxicants that cloud the mind and harm the body. (This does not apply to prescription medicines.)

What is your media policy?

As the dhamma takes root in our society, various media are expressing interest in the work that we do at PIMC and Mindfulness Asia. This presents our community with a valuable opportunity to introduce the teachings to a wider audience.

While maintaining our primary commitment to supporting your practice, we may agree occasionally to requests from the media to visit us for reporting. Before any such request is granted, media/journalists will be carefully screened to ascertain, as best we can, their ability to report fairly on our work, and with minimal interference.

How do I learn more about the retreat location?

Please visit <https://theasri.com> for detailed information.

What is the Mindfulness Meditation Teacher Certification Program (MMTCP) with Jack Kornfield and Tara Brach?

Jack and Tara created The Mindfulness Meditation Teacher Certification Program to give people the training they need to share this life-changing practice with the world.

Please visit www.mmtcp.soundstrue.com for more information.



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FAQS

Does this count as an MMTCP qualifying retreat?

Yes, it does. Jack Kornfield and Tara Brach want to ensure that all MMTCP students begin the program with the shared experience of participating in a silent retreat that is grounded in the vipassana (Insight meditation) practices that they will be teaching. This silent form of retreat builds a depth of concentration and mindfulness that can be particularly powerful and transformative. Imee Contreras is currently a mentor for the MMTCP and the Power of Awareness. She is a co-founder of the Philippine Insight Meditation Community,

Which retreats DO NOT count toward the prerequisite?

Many retreats listed on applications do not meet this prerequisite criterion, including Goenka, MBSR, MBCT, MSC, Mindful Schools, corporate mindfulness seminars, or other training formats, including Tibetan Buddhism retreats, Thich Nhat Hanh retreats, Adyashanti retreats, Hatha Yoga retreats, Siddha Yoga retreats, Christian retreats, and Rishwan School retreats, to name a few.

While these retreats are undoubtedly valuable to your growth and practice, Tara and Jack want to be sure that everyone has also experienced a

vipassana/Insight, silent, residential retreat in the style of meditation that you will be learning to teach. That said, please list these other types of retreats in the appropriate section of your application as they will be taken into account to evaluate your readiness for the program.



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