

Day Long Retreat: Loving Kindness and the Path of Peace

Sponsored by:
Meditation Community of
Fredericksburg
www.meditatefred.com



Sharon Beckman-Brindley, Ph.D. is a co-founder and a guiding teacher of the [Insight Meditation Community of Charlottesville](#). She is a graduate of the Community Dharma Leaders program at Spirit Rock Meditation Center. She also is a senior teacher of [Insight Dialogue](#), a practice of meditation in dialogue. Sharon has taught meditation nationally and internationally for many years. She is a Clinical Psychologist living in Charlottesville, Virginia.



Loving Kindness and the Path of Peace A Day-Long Retreat with Sharon Beckman-Brindley

December 1, 2012

This silent meditation retreat will focus on the Metta Sutta, the Buddha's teachings on Loving Kindness. We will especially apply loving kindness to ourselves. Our practices will deepen our capacity to release self-judgment and self-criticism and to cultivate love and care for ourselves. From this, we will find a natural opening of kindness and peace to all our relationships in the world.

This day long retreat will be an opportunity to receive instruction in this centuries-old skill, to ask questions, and to practice together. It is suitable for those with or without previous meditation experience.

When: Saturday December 1st 9:30 am – 4:00 pm

Where: Central Rappahannock Regional Library
England Run Branch
806 Lyons Boulevard, Room 2
Fredericksburg, VA 22406

Cost: No fee required. Dana (donations) will be collected for the teacher.

Registration: If you plan to attend, please register your name with Todd Drake (todd@meditatefred.com or 540.760.1576). 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.