

# Spirit Rock

## Insight Meditation Retreat @ Home

April 20-29, 2026

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### Transform Your Practice with World-Renowned Teachers — No Travel Required

We invite you to join us for this rare opportunity to practice with legendary teachers Joseph Goldstein and Kamala Masters in a 9-night silent meditation retreat designed for home practice, offering the depth and wisdom of traditional vipassanā meditation in a format that meets you exactly where you are, with unprecedented access to their profound teachings at a fraction of the cost of in-person attendance. Experience the same powerful teachings and guided meditations that have transformed thousands of lives worldwide—directly from your home.

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#### About Your Teachers

**Kamala Masters** is co-founder with Steve Armstrong of the Vipassana Metta Foundation on Maui, and a Guiding Teacher of the Insight Meditation Society of Barre, MA. In 1977 she began her Dharma training in the Mahasi tradition with the late Anagarika Munindra of India. In 1985, the late Ven. U Pandita also became her life-long teacher.

**Joseph Goldstein** is a co-founder and guiding teacher of Insight Meditation Society (IMS) in Barre, Massachusetts. He has been teaching Vipassana and Metta retreats worldwide since 1974 and in 1989 helped establish the Barre Center for Buddhist Studies. He is the author of *Mindfulness: A Practical Guide to Awakening*, *A Heart Full of Peace*, *One Dharma*, *Insight Meditation*, *The Experience of Insight*, and more. *Note: Joseph will be teaching online only with periodic appearances throughout the retreat.*

**Tara Mulay** teaches and mentors Dharma practitioners on retreat and in daily life practice. Trained and authorized by the Insight Meditation Society in Barre, Massachusetts, Tara serves as a Guiding Teacher and board member at Spirit Rock Meditation Center in Woodacre, California, and teaches nationally. Tara's journey into Dharma practice began during her 20-year career as a civil rights attorney.

**Vance Pryor** has practiced insight meditation since 1999 in both the United States and Myanmar. He has been influenced by the teachings of Sayadaw U Pandita and Sayadaw U

Tejaniya. He is a graduate of The Insight Meditation Society's 2017-2021 Teacher Training Program.

**Winnie Nazarko** first contacted the Dharma at a 1981 weekend retreat taught by Stephen and Ondrea Levine. While the retreat wasn't what she expected, she recognized something deeply truthful in what she heard. Since that time, she has studied with many outstanding western teachers, including Joseph Goldstein, Sharon Salzberg, Steven Armstrong, and Kamala Masters.

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## **The Value Proposition: Premium Teaching, Accessible Format**

### **Exclusive Access at a Fraction of the Cost**

- Experience the exact same teachings as in-person participants for up to 60% less
- Save thousands on travel, accommodation, and time away from work
- No waitlists or lottery systems—secure your spot regardless of location

### **A Self-Directed Retreat Experience with Unique Advantages**

While you won't have direct Q&A access or group interactions, this format offers distinctive benefits many practitioners prefer:

- Complete flexibility: Follow the schedule that works for your life—early mornings, evenings, or weekends
- Personalized learning pace: Rewatch complex instructions as many times as needed
- Extended access: Revisit teachings for a full 90 days, extending your retreat experience
- Lifetime resource: Receive a private code for permanent access to these teachings on [sr.dharmaseed.org](http://sr.dharmaseed.org)
- Private practice space: Deepen your practice without the potential distractions of group dynamics
- Integration with daily life: Apply teachings immediately to your real-world challenges
- Create your ideal environment: Meditate in your preferred setting with your own cushion, temperature, and comfort items

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## **What is Insight Meditation?**

Insight Meditation (vipassanā) is a time-tested approach to developing mindfulness that leads to greater wisdom and compassion. The practice involves:

- Training attention to observe your present moment experience with clarity
- Developing awareness of body sensations, thoughts, and emotions
- Cultivating a non-judgmental and accepting relationship with your experience
- Discovering how certain mental attitudes create suffering or well-being
- Building a stable foundation of calm that supports deeper investigation

This approach doesn't require adopting any specific beliefs—it's an experiential practice of observing your own mind and body processes with kind awareness.

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## **Retreat Focus: Continuity of Awareness**

This retreat offers a rare opportunity to settle the mind, open the heart, and cultivate a deep, continuous awareness that carries through all aspects of our experience. By gently sustaining mindfulness in both stillness and movement, we strengthen our capacity for inner balance, clarity, and equanimity. Through this steady presence, we begin to see more clearly the habits of mind that shape our perceptions and responses, allowing wisdom and compassion to emerge naturally.

With an emphasis on the continuity of awareness, we will explore how mindfulness can become an unbroken thread woven through our daily experience. This sustained attention helps stabilize the mind, allowing for greater insight and a deep sense of presence. Rather than striving or forcing concentration, we will cultivate a relaxed receptivity—learning to meet each moment with openness, kindness, and curiosity. This foundation of acceptance becomes a gateway to deeper investigation, revealing the attitudes and mental habits that condition our understanding.

Teachings will be offered on the nature of awareness, the role of mindfulness in liberating the heart, and the qualities that support a wise and compassionate relationship with experience.

Our time together will include periods of guided and silent meditation, Dharma talks, mindful movement, and opportunities for inquiry and reflection. In the stillness of retreat, supported by a dedicated community of practitioners, we create the conditions for genuine transformation.

This retreat is open to all, whether you are new to meditation or have been practicing for many years. We welcome people from all backgrounds and life experiences and seek to foster an environment of inclusivity and belonging. Together, we will cultivate the qualities of presence, steadiness, and care—deepening our connection to ourselves, to each other, and to the unfolding mystery of life.

The emphasis during this retreat will be on developing continuity of awareness in all activities. This practice:

- Stabilizes and balances the mind through consistent attention
- Builds a foundation of relaxed acceptance of moment-to-moment experience
- Creates conditions for deeper insight and wisdom to arise naturally
- Pays particular attention to how attitudes in the mind shape our understanding

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## **Daily Schedule**

All times Pacific. Recordings will be available within 24 hours and with lifetime access.

Here is the retreat schedule. Bolded sessions are the ones broadcasted for this retreat.

6:00 AM	Wake-Up
<b>6:30 AM</b>	<b>Sitting Meditation</b>
<b>7:00 AM</b>	<b>BREAKFAST</b>
7:45 AM	Work Meditation or Walking
<b>8:45 AM</b>	<b>Sitting Meditation with Instructions</b>
9:45 AM	Walking Meditation
10:30 AM	Sitting Meditation
11:15 AM	Walking Meditation
11:45 AM	Sitting Meditation
<b>12:15 PM</b>	<b>LUNCH</b>
2:15 PM	Walking Meditation
<b>3:00 PM</b>	<b>Sitting Meditation (Optional Affinity Group Sit)</b>
3:45 PM	Walking Meditation
<b>4:30 PM</b>	<b>Dharma Talk</b>
<b>5:15 PM</b>	<b>EVENING MEAL</b>
<b>7:00 PM</b>	<b>Guided Meditation</b>
7:45 PM	Walking Meditation
8:15 PM	Sitting Meditation w/ Chanting
9:00 PM	Rest or Continued Practice

### **What You'll Receive: The Same Transformative Curriculum as the In-Person Retreat**

- Comprehensive Instruction: Traditional vipassanā (Insight Meditation) guidance
- Progressive Teaching: Step-by-step development from basic to nuanced practice
- Extended Access: Recordings available for lifetime access after the retreat
- Lifetime Resource: Private code for indefinite access on [sr.dharmaseed.org](http://sr.dharmaseed.org)
- Flexibility: Practice according to your schedule and life circumstances

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## **Creating Your Home Retreat Environment**

### **Setting Up Your Space**

- Designate a specific area for formal meditation practice
- Minimize distractions by turning off notifications on your devices
- Set up your meditation spot with a cushion or chair, and other props needed to sit comfortably for 45-60 minutes
- Consider simple intentional elements like a candle, or inspirational image
- Have water and comfortable clothing readily available

### **Structuring Your Days**

- Consider following the formal retreat schedule as much as possible
- If working during the retreat, try meditating before and after work hours

- Reduce or omit screen time, news consumption, and entertainment
- Maintain periods of noble silence whenever possible to deepen your practice
- Simplify meals and daily activities to create more space for contemplation

### **Sitting Meditation**

- Primary formal practice focusing on breath, body, and mental phenomena
- Instructions for comfortable posture and maintaining alertness
- Guidance for working with physical discomfort and mental restlessness

### **Walking Meditation**

- Complementary practice to sitting, developing awareness in movement
- Instructions for various speeds and levels of detail in attention
- Integration of mindfulness into everyday movements

### **Lovingkindness (Mettā) Meditation**

- Heart-centered practice cultivating goodwill and compassion
- Progressive development from self to all beings
- Balancing insight with positive emotional qualities

### **Daily Life Integration**

- Guidance for maintaining awareness during meals, self-care, and rest
- Suggestions for mindful communication if living with others
- Practices for beginning and ending each day

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## **Support for Your Journey**

While this home retreat format doesn't include direct Q&A with teachers, we've designed the experience to provide comprehensive support:

- Progressive instructions anticipate common questions and challenges
- Recordings allow you to revisit instructions as needed
- Technical support is available for accessing content
- Consider inviting a friend to join you in the practice
- Remember that simplicity supports depth

At Spirit Rock, we are committed to making the Dharma accessible to all. This offering ensures that financial limitations do not stand in the way of deep practice. No matter where you are in the world, this retreat invites you to experience the profound teachings of insight and compassion at a very affordable price.

**The Real Investment Return:** This retreat offers more than meditation instruction—it provides a framework for lasting well-being and wisdom that can transform every aspect of your life, from relationships to work to your relationship with yourself.

The most precious gift you can give yourself isn't a destination retreat—it's the wisdom and

practice that becomes integrated into your everyday existence. This format delivers exactly that, combining world-class teaching with immediate life application.

Don't miss this rare opportunity to study with meditation masters whose teachings have transformed thousands of lives worldwide—at a price point and format accessible to all.

## **A Final Reflection**

This retreat offers more than meditation instruction—it provides a framework for lasting well-being and wisdom that can transform every aspect of your life. As you prepare to join us, remember that the most precious gift you can give yourself is the wisdom and practice that becomes integrated into your everyday existence.

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## **What You Might Be Wondering**

### **“Will I miss out without direct teacher interaction?”**

The teachers have decades of experience anticipating common questions and challenges. Many participants find that almost all their questions are addressed naturally in the progressive instructions. The lifetime access allows you to absorb teachings more completely than the sometimes overwhelming pace of in-person retreats.

### **“How can I create community without group practice?”**

Many practitioners invite friends to join them for portions of the retreat, creating local micro-communities. Others appreciate the opportunity to focus entirely on their own experience without navigating group dynamics.

### **“Is the online experience ‘less than’ in-person?”**

Different, not lesser. Consider that the Buddha's original teachings were designed for solitary practice in forests. This format returns to those roots while providing expert guidance. Many experienced practitioners actually prefer the home format for its integration with daily life and personalized pace.

### **“Can I still work or handle family responsibilities?”**

Yes! Unlike an in-person retreat requiring complete separation from daily life, this format allows you to design a schedule that works for your situation. Many participants find ways to create “mini-retreat” periods within their regular lives.

## **Who This Retreat Is For**

- Dedicated practitioners seeking to deepen their practice without traveling
- Meditators with some experience wanting more systematic instruction
- Those who have practiced with apps and seek more comprehensive guidance
- Long-time practitioners who've drifted from regular practice

- Anyone wishing to learn from these master teachers while they still teach
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## Suggested Retreat Schedule - 9 Day Format

For participants aiming to structure their days as closely as possible to the full retreat schedule while maintaining the same spirit of deep practice, mindfulness, and simplicity, here's how they can optimize their retreat experience outside the live-streamed sessions:

### Suggested At-Home Retreat Structure

#### Morning:

- 6:00 AM Wake Up → Start the day mindfully, avoiding distractions (no phone, email, or news).
- 6:30 AM Sitting Meditation
- **7:00 AM BREAKFAST** → Eat in silence, focusing on each bite as a mindfulness practice.
- 7:45 AM Work Meditation or Walking → Engage in mindful walking or simple chores (like washing dishes) with full awareness.
- **8:45 AM Sitting Meditation with Instructions (Live Streamed)** → Join the session.
- 9:45 AM Walking Meditation → Slow, mindful walking indoors or outside.
- 10:30 AM Sitting Meditation → Follow the retreat's schedule and sit for meditation.
- 11:15 AM Walking Meditation → Continue alternating between sitting and walking meditation.
- 11:45 AM Sitting Meditation → Deepen the practice.

#### Midday:

- **12:15 PM LUNCH** → Eat mindfully in silence. Take a short rest or mindful nap.
- 2:15 PM Walking Meditation → Choose an activity that supports mindfulness—such as mindful gardening, cleaning, or journaling about insights from the morning.
- **3:00 PM Sitting Meditation (Optional Affinity Group Sit)** → Follow the retreat schedule with another meditation session.
- 3:45 PM Walking Meditation → Continue alternating sitting and walking meditation.
- **4:30 PM Dharma Talk (Live Streamed)** → Engage with the teachings.

#### Evening:

- **5:15 PM EVENING MEAL** → Eat in silence, savoring each bite.
- **7:00 PM Guided Meditation**
- 7:45 PM Walking Meditation → Maintain gentle movement.
- 8:15 PM Sitting Meditation w/ Chanting (Live Streamed) → Join the evening meditation.
- 9:00 PM Rest or Continued Practice → Either rest or engage in a quiet mindfulness activity like journaling or reflecting on insights from the day.

## **Additional Practices to Deepen the Retreat Experience:**

- **Maintain Silence** → Avoid speaking, texting, or engaging with digital distractions.
  - **Reduce External Inputs** → No emails, social media, or news consumption.
  - **Practice Walking Meditation** → Whenever there is a gap in the schedule, integrate mindful walking.
  - **Journaling** → Reflect on insights from meditation and Dharma talks.
  - **Contemplative Reading** → If needed, read Dharma-related texts that support retreat themes.
  - **Compassion Practice** → Use free time for Mettā (lovingkindness) meditation.
  - **Body Awareness Practices** → Gentle Yoga, stretching, or mindful movement.
  - **Mindful Daily Tasks** → Perform simple activities like tea drinking, dishwashing, or showering with full awareness.
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## **Suggested Schedule: 30 Day Flexible Retreat Plan**

### **30-Day Flexible Retreat Plan: Continuity of Awareness**

#### **Overview:**

This schedule is designed to help you gradually weave continuous mindfulness throughout your day. While live-streamed sessions remain your anchor points, the recorded teachings and daily practices encourage you to notice awareness as a continuous thread running through all experiences.

#### **Week 1: Building the Foundation for Continuous Awareness**

*Theme: Establishing a steady base of mindful presence that you can carry through your day.*

##### **Daily Live/Recorded Anchors:**

- Watch/Attend a Dharma Talk or Sitting Instruction: Focus on the idea of staying present throughout transitions in your day.
- Core Meditation: Practice 20-30 minutes of sitting meditation, emphasizing noticing the subtle shifts in awareness.

##### **Additional Practices:**

- Mindful Moments: Choose one routine activity (e.g., brushing your teeth or preparing a meal) and practice being fully present during that time.
- Journaling: Reflect on moments when awareness slipped or stayed continuous. How did it feel?

#### **Week 2: Cultivating Continuity Through Daily Practice**

*Theme: Deepen your practice by interspersing formal meditation with mindful check-ins throughout the day.*

##### **Daily Live/Recorded Anchors:**

- Attend/Watch Two Sessions This Week: One for instructions (e.g., sitting/chanting) and one Dharma talk that explores integrating mindfulness into everyday life.

- Meditation Practice: Increase your sitting or walking meditation to 30-45 minutes.

#### **Additional Practices:**

- Mindful Pauses: Set reminders to take a 1-2 minute pause hourly, bringing awareness to your breath and sensations.
- Extend Mindfulness: Apply continuous awareness to more activities—notice sensations while commuting, doing chores, or interacting with others.
- Reflect: Journal about what techniques help maintain a steady flow of awareness during daily tasks.

### **Week 3: Deepening Insight into Continuous Awareness**

*Theme: Explore the nature of awareness by observing its presence during both calm and challenging moments.*

#### **Daily Live/Recorded Anchors:**

- Prioritize Guided Sessions on Mettā or Q+R: Focus on how compassion and curiosity enhance continuous awareness.
- Longer Meditation Sessions: Aim for 40-60 minutes of combined sitting and walking meditation, observing how awareness naturally weaves in and out.

#### **Additional Practices:**

- Mini-Retreat Day: Set aside a longer period (e.g., a morning or afternoon block) where you refrain from digital distractions.
- Awareness in Action: During challenging moments, try pausing, taking a deep breath, and noticing the flow of thoughts and sensations.
- Reflect: Write down insights about how awareness persists even amid distractions or stress.

### **Week 4: Integrating Continuous Awareness Into Daily Life**

*Theme: Transition from formal practice to making continuity of awareness a natural part of your life.*

#### **Daily Live/Recorded Anchors:**

- Revisit Any Missed or Favorite Sessions: Focus on sessions that emphasize practical applications of continuous awareness.
- Short, Consistent Meditation: Keep a daily practice of 20-30 minutes, either sitting or through mindful movement.

#### **Additional Practices:**

- Everyday Mindfulness: Choose several routine activities (e.g., eating, walking, or talking) to practice continuous, open awareness.
- Mindful Reflections: End each day with a few minutes of reflection, noting moments when awareness was sustained and areas for further growth.
- Plan Ahead: Consider creating a sustainable mindfulness routine post-retreat—perhaps a brief check-in during each transition in your day.

### **Final Thoughts**

By the end of these 30 days, you will have:

- Developed a stronger, continuous thread of awareness that you can carry into every moment.

- Experienced the teachings both live and on-demand, allowing for repeated engagement and deeper understanding.
- Built practical tools to integrate mindfulness seamlessly into your daily life.

This flexible schedule is designed not just to offer you a retreat-like experience, but to help you cultivate continuity of awareness—an enduring practice that transforms even the simplest moments into opportunities for mindfulness and insight.

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**Contact Us:** [courses@spiritrock.org](mailto:courses@spiritrock.org)