



Cultivating a suitable home for the heart

Half-day Retreat with **Chas DiCapua**

Saturday, April 15; 9:00am-1:00pm ET

In-person/hybrid at **IWM in Eastworks**

Suggested donation: \$15-30 registration + teacher donation (we encourage you to consider giving teacher dana equal to or greater than what you gave for registration)*

Description: The human heart has the capacity to reflect on itself and discern whether what it is connecting with is wholesome or unwholesome, and then respond accordingly. But to manifest this capacity, we must give it a proper home and feed it nourishing "food". We will explore what a proper home and what proper nourishment for the heart is and isn't. We'll then use sitting and walking meditation to then cultivate this home and offer it nourishing food. Suitable for beginning and ongoing Dharma students.

Chas DiCapua has been practicing Buddhist meditation for almost 30 years. He has trained with Burmese meditation masters, western monastics of the Thai Forest tradition and senior western vipassana teachers. He has spent over two years in silent, intensive retreat.

Chas has served as IMS's Resident Teacher at IMS since 2003. Chas is a graduate of the four year joint Insight Meditation Society / Spirit Rock Teacher Training Program. He teaches retreats at IMS and at various centers and sanghas throughout the country.

As a way to address the wide spread suffering that is endemic in many partnered relationships, Chas explores how the dharma can be practiced in relationship, including how the masculine and feminine energies manifest in relationship, in spiritual practice, and in the world. For information about Chas's mini-retreats and Monday night classes at IMS, visit their [Local Meditation Class](#) page.

*Everyone is welcome at all of our offerings, regardless of ability to donate.

For more information, please visit our website: www.insightwma.org/offerings.

Insight Meditation Community of Western Massachusetts
(formerly known as InsightPV)

