RETREAT INFORMATION

Listening from a Compassionate Heart

With Phyllis K. Hicks and Beatriz Rodríguez Vega

May 25–30, 2027

Santa María de Huerta, Soria, Spain



VENUE

Casa de Espiritualidad Santa María de Huerta
Calle San Bernardo 1, 42260 Santa María de Huerta (Soria), Spain
rscjsantamariahuerta.blogspot.com

DATES

From May 25 (arrival from 3:30 pm) to May 30, 2027 (ends at 1 pm)

LANGUAGE

In English, with consecutive translation into Spanish

ABOUT THIS RETREAT

The world and each of us needs to listen and be listened to.

We will practice together in silence and using the six guidelines of Insight Dialogue: pause, relax, open, attune to emergence, listen deeply, and speak the truth.

The guideline of **Listen Deeply** invites us to cultivate an open and receptive mind, willing to listen to both the melodies and the cries of the world. It is the heart of friendship, generosity, and compassion. It is the purpose of "lending ear."

The retreat weaves together silent meditation, gentle movement, and relational contemplation through the practice of Insight Dialogue in pairs and small groups, offering a direct and experiential way to explore interconnectedness, separation, belonging, and generosity.

WHO IS THIS RETREAT FOR?

Insight Dialogue meditation builds on our own silent meditation, so a regular meditation practice and previous retreat experience are recommended.

This retreat is very valuable for developing as a teacher of mindfulness-based programs and is a requirement of the Interpersonal Mindfulness teacher training. It is not a teacher training and does not meet the silent retreat requirement for MBSR teacher certification.

ABOUT INSIGHT DIALOGUE

Insight Dialogue is a relational meditation practice developed by Gregory Kramer that brings the mindfulness and tranquility of silent meditation into our experience with others. Grounded in traditional Buddhist teachings, it offers a way to integrate wisdom and compassion into our relational lives through mindful speaking and listening.

TEACHERS



Phyllis K. Hicks

Phyllis teaches Insight Dialogue retreats internationally and is co-developer of the Interpersonal Mindfulness Program (IMP). She serves on the Insight Dialogue Community Teacher Council and mentors new teachers. She is a licensed psychotherapist and has integrated insights from Eastern and Western psychology for 35 years.

More about Phyllis: es.insightdialogue.org/teachers/306/phyllis-k-hicks



Beatriz Rodríguez Vega

Beatriz is a meditation practitioner, an Insight Dialogue teacher, and a teacher and teacher-trainer in the Interpersonal Mindfulness and MBSR programs. She encountered the teachings of Insight Dialogue in 2010, and the inspiration of this practice led her to explore relational mindfulness and to train as an Interpersonal Mindfulness teacher under the guidance of Phyllis Hicks and Florence Meleo. She is a member and teacher of the Insight Dialogue Community founded by Gregory Kramer. A psychiatrist and psychotherapist, she integrates Western scientific knowledge with the wisdom of the Buddhist tradition. She leads courses and retreats in Spain and Latin America. Her latest book is *Esto de ser humano* (DDB, 2019).

PRACTICAL INFORMATION

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SCHEDULE

Please arrive between 3:30 and 5:30 pm; the retreat begins at 6 pm on the first day. It ends at 1 pm on the last day, before lunch (lunch is optional).

RETREAT AGREEMENTS

- Keep silence, except during dialogue practice in the hall.
- Follow the daily schedule.
- Practice meditation.

WHAT TO BRING

Everything you need for your personal practice, and warm clothing. Only a few mats and cushions will be available at the venue.

SCHOLARSHIPS

If our fees are too high for you, you are welcome to request support from EFSYP by writing to direccionprogramasefsyp@efsyp.com. We will reply once registration has closed.

FEES

Organization Administration, room hire, translation, and the teachers' travel	**€380**
Accommodation and full board Per person: room, meals, and a snack	**€316**
Teachings Voluntary donation at the end of the retreat (the practice of generosity)	**Dana**

The teachers receive no specific payment for the time and energy they devote to preparing and leading the retreat. At the end there will be an opportunity to practice dana with a voluntary contribution, if you wish to support them in continuing to offer this work.

REGISTRATION AND PAYMENT

1. Register on our website, www.espaciosaludypsicoterapia.com, or directly through the registration form.
2. Send your registration form and wait for us to confirm your place. We aim to reply within 10 days.
3. Once your place is confirmed, please make a first bank transfer of **€380** within one week, for organization and administration costs:

ACCOUNT HOLDER	Espacio de Formación en Salud y Psicoterapia (EFSYP)
BANK	Triodos Bank
IBAN	ES74 1491 0001 2821 3761 6724
BIC/SWIFT	TRIOESMMXXX

4. Your place is fully confirmed once we receive proof of the €380 payment.
5. Once your place is confirmed, pay for accommodation and full board with a second transfer of **€316** per person:

ACCOUNT HOLDER	Casa de Espiritualidad de Santa María de Huerta
REFERENCE	Retiro de Diálogo Consciente 25-30 mayo 2027
IBAN	ES69 2100 1650 6602 0038 6605

CANCELLATION AND REFUNDS

The organizers reserve the right to cancel or change dates and venues if the minimum number of participants is not reached. In that case participants will be notified in advance and the registration fee will be refunded in full.

If you need to cancel, please write to us as soon as possible at direccionprogramasefsyp@efsyp.com, so that we can offer your place to someone else. Not using the accommodation or meals does not exempt you from paying the full fee, and late arrival or early departure does not entitle you to a refund.

Because organization costs are incurred in advance, refunds of the registration fee are as follows:

Cancellations before March 1, 2027	**90%**
Cancellations before April 1, 2027	**50%**
Cancellations from April 1, 2027	**no refund**