



Presented by Family Action Network (FAN) in partnership with the Mindfulness and Behavior Therapies Program at The Family Institute at Northwestern University.

# Mindfulness in Relationship -- 3 Events!

## Gregory Kramer, Ph.D.

Founder and Guiding Teacher, Metta Programs  
Developer of the Insight Dialogue meditation practice  
Author, *Insight Dialogue: The Interpersonal Path to Freedom*

### Mindfulness in Relationship: The Power of the Shared Human Experience

Thursday, April 23, 2015, 7:00 PM  
New Trier HS/Northfield, Cornog Auditorium  
7 Happ Rd., Northfield  
Free and open to the public, no RSVPs required.  
Suitable for ages 12+.

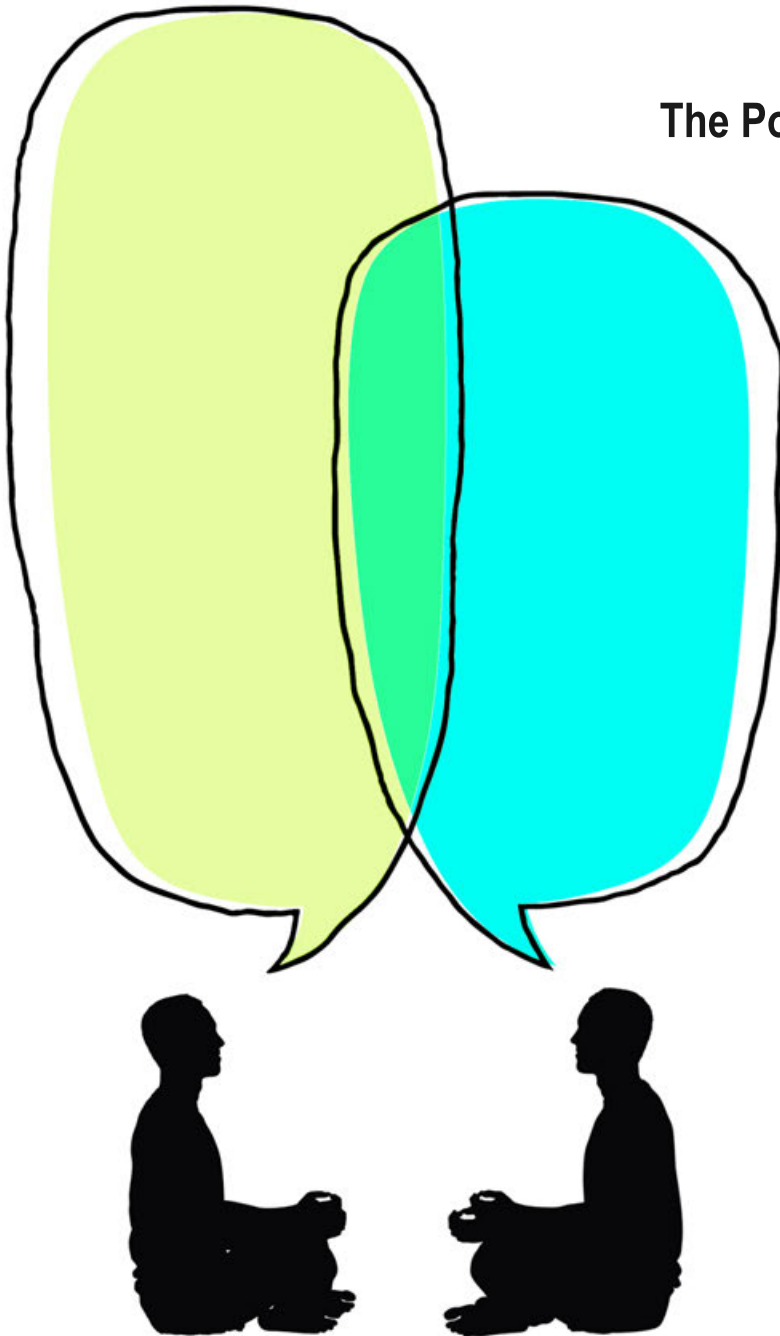
### Insight Dialogue: Practicing Interpersonal Meditation

*A One-Day Retreat*  
Co-taught with Phyllis Hicks, D.Min., Metta Programs  
Friday, April 24, 2015, 9:30 AM - 5:30 PM  
Unitarian Church of Evanston  
1330 Ridge Ave., Evanston  
**RSVP REQUIRED - SPACE IS LIMITED**  
Register at [www.familyactionnetwork.net](http://www.familyactionnetwork.net)  
Free event; bring your own lunch.

### Insight Dialogue: Deepening the Inquiry

*A Two-Day Non-Residential Retreat*  
Co-taught with Phyllis Hicks, D.Min., Metta Programs  
Saturday, April 25, 2015, 9:00 AM - 9:00 PM  
and  
Sunday, April 26, 2015, 9:00 AM - 4:00 PM  
The Lakeview Center at Gillson Park  
Michigan Ave. and Washington St., Wilmette  
**RSVP REQUIRED - SPACE IS LIMITED**  
Register at [www.familyactionnetwork.net](http://www.familyactionnetwork.net)  
\$100 per person, includes all meals.

**INFO: [familyactionnetwork.net](http://familyactionnetwork.net)**



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**FOR IMMEDIATE RELEASE: GREGORY KRAMER, Ph.D. -- 3 EVENTS**

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**Thursday, April 23, 2015, Mindfulness in Relationship: The Power of the Shared Human Experience, 7:00 PM, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, 60093.** Last June, Family Action Network (FAN) offered a powerful 5-day meditation retreat taught by **Gregory Kramer, Ph.D.**, the developer of the relational meditation practice **Insight Dialogue** and the **Founder and Guiding Teacher of Metta Programs**. Dr. Kramer has taught ID and dharma contemplation retreats in North America, Asia, Europe and Australia since 1995, and insight meditation since 1980. Dr. Kramer returns to our area for 3 very different events – a public talk, a one-day retreat, and a 2-day non-residential retreat – and the goal is to facilitate an exploration of the forces of meditation, wisdom, and relationships. It can be socioeconomically unsustainable for many to attend longer residential retreats, so this concept allows for more to learn about the “power of the shared human experience.”

**Friday, April 24, 2015, Insight Dialogue: Practicing Interpersonal Meditation – A One-Day Retreat, 9:30 AM – 5:30 PM, Unitarian Church of Evanston, 1330 Ridge Ave., Evanston, 60201 (RSVP).** This one-day retreat is offered free of charge to the community – meditation experience is helpful, but not essential. **Gregory Kramer, Ph.D.** will explain the concept of Insight Dialogue, and participants will have the time to calm their minds, practice ID, and move to a deeper level of relationality. Co-taught with **Phyllis Hicks, D.Min.**, Senior Teacher, **Metta Programs**. Coffee, tea and water will be provided; participants must bring own non-refrigerated lunch. Meditation experience is helpful but not essential. **REGISTRATION IS REQUIRED** – space is limited, and we cannot allow drop-in attendees. **Register at [www.familyactionnetwork.net](http://www.familyactionnetwork.net)**

**Saturday, April 25, 2015, 9:00 AM – 9:00 PM and Sunday, April 26, 9:00 AM – 4:00 PM, Insight Dialogue: Deepening the Practice – A Two-Day Non-Residential Retreat, The Lakeview Center at Gillson Park, Michigan Ave. and Washington St., Wilmette, 60091 (RSVP; \$).** This two-day non-residential retreat allows for even deeper exploration of the nature of the human condition, with a focus on reaching those at the front lines of helping people at sensitive points in their lives, where wisdom and compassion can make a difference. Co-taught with **Phyllis Hicks, D.Min.**, Senior Teacher, **Metta Programs**. \$100 per person, all meals included. Meditation experience is helpful but not essential. **REGISTRATION IS REQUIRED** – space is limited, and we cannot allow drop-in attendees. **Register at [www.familyactionnetwork.net](http://www.familyactionnetwork.net)**

Sponsored by **Family Action Network (FAN)**, in partnership with the **Mindfulness and Behavior Therapies Program** at **The Family Institute at Northwestern University**. FAN is grateful for the support of its 2014-15 annual sponsors **Compass Health Center, Evanston Township High School D202, Josselyn Center, Make It Better, New Trier High School D203, Pathways.org, the Martin & Mary L. Boyer Foundation, the Mammel Foundation, and Tina & Byron Trott**; our strategic partners **Evanston/Skokie D65, New Trier Parents’ Association, North Shore Community Bank, The Family Institute at Northwestern University, and Youth Organizations Umbrella (Y.O.U.)**; and our in-kind sponsors **Acclaim Media, The Book Stall at Chestnut Court, Kirkland & Ellis LLP, and Turing Group**.

