Sussex Mindfulness & Compassion

Residential Relational Mindfulness / Insight Dialogue Retreat Options

If you haven't already attended a 5-day residential relational mindfulness / insight dialogue retreat, you need to attend one* of the below prior to the interpersonal mindfulness teacher training retreat.

Asia

Relational Mindfulness Retreat, **20 - 25 Nov 2026** in Beijing, China - https://mp.weixin.qq.com/s/hhP8hqu2ET-4LjF_2wxDjw

Europe

Insight Dialogue Retreat, **24-28 Sep 2026** in Czech Republic. In English - https://insightdialogue.org/programs/11533/awake-together-an-insight-dialogue-retreat/

Relational Mindfulness Retreat : Awakening Freedom, **14 - 19 May 2027** in Zurich, Switzerland. In English - Relational Mindfulness Retreat : Awakening Freedom — Relational Mindfulness Collaborative

Insight Dialogue Retreat, **25 - 30 May 2027** in Soria, Spain. In Spanish and English. Bookings for this will open soon.

Insight Dialogue Retreat, **2 -7 Jun 2027** in Beatenberg, Switzerland. In English. Bookings for this will open soon.

US/Canada

Insight Dialogue Retreat : Awakening Amidst the World's Turbulence, **11 - 17 Sep 2026** in New York, US - https://dharmakayacenter.org/all-programs/3059/awakening-amidst-the-worlds-turbulence-an-insight-dialogue-retreat/

Insight Dialogue Retreat : Cascadia North, **14 - 18 Sep 2026** in Nanaimo, Canada - https://insightdialogue.org/programs/11544/cascadia-north-%e2%9c%a6-insight-dialogue-retreat/

Insight Dialogue Retreat : From Concept to Experience: Apprehending Dhamma Through Insight Dialogue, **6 - 15 Nov 2026** in Massachusetts, US - https://www.buddhistinquiry.org/classes/2026-from-concept-to-experience-apprehending-dhamma-through-insight-dialogue/

*Please note that attendance at another 5-day residential relational mindfulness / insight dialogue retreat is required before you can become a certified interpersonal mindfulness teacher.