

Stichting Insight Meditation Investigations (IMI)

Activiteitenoverzicht 2019-2022

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Plaats : Amsterdam

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1. Activiteitenoverzicht

Stichting IMI is eind 2017 opgericht vanuit de behoefte om twee doelstellingen onder te brengen in één stichting; te weten de bevordering van (1) de verspreiding en beoefening van inzichtsmeditatie (vipassana) en aanverwante vormen en, (2) de wetenschappelijke kennis over meditatie en mogelijke toepassingen. Stichting IMI organiseert en ondersteunt meditatieretraites vanuit de Vipassana traditie en wetenschappelijke onderzoek naar de effecten en werking van deze en andere vormen van meditatie. IMI opereert in een nationaal en internationaal netwerk van leraren en beoefenaars van contemplatieve tradities en wetenschappelijk onderzoekers met name in de (neuro-) psychologie. Hieronder volgt een overzicht van activiteiten georganiseerd door SIMI in de afgelopen jaren.

2022

Wekelijkse online sangha (zoom) en live sangha (Arnhem)

Online retreat: 4-6 November, 2022, directed by [Henk Barendregt](#), [Mirjam Hartkamp](#), and [Antonino Raffone](#). [Information here in Italian](#) and [in English](#). **Start** Friday 4.11.2022 at 18:00h, **end** Sunday 6.11.2022 at 19:00h.

Vipassana intensive @ Fara Sabina (Italy), 2022, directed by [Henk Barendregt](#), [Mirjam Hartkamp](#), and [Antonino Raffone](#).

August 17-24 (6 full days, 7 nights); waiting list.

August 24-31 (6 full days, 7 nights); waiting list.

August 17-31 (13 full days, 14 nights); waiting list.

Costs. 430E or 750E for 1 or 2 weeks respectively. Sojourn in single room with private bathroom and full pension. Language: English & Italiano. Questions may be asked in Dutch. [Registration](#) (waiting list). **Online version.** For preregistration fill in [this form](#). **Costs 2E.**

Vipassana intensive @ Fara Sabina (Italy), 21-28 June, 2022, directed by [Henk Barendregt](#) and [Antonino Raffone](#).

Vipassana in person retreat, Torino 1-3 April, 2022, directed by Henk Barendregt and Mirjam Hartkamp..

Online Vipassana weekend 5-9 January, 2022. Four days.

Unwinding towards sustainable resilience

Directed by Henk Barendregt, Mirjam Hartkamp, and Antonino Raffone.

Language: English and Italian
Period: January 5-9, 2022 (Wednesday – Sunday).

2021

Wekelijkse online sangha (Arnhem)

Interviews with Henk Barendregt
video (BeBakku March 2021),
audio (EBU September 2021).

Conference talk The science of consciousness, 2 & 4 November, 2021.

Online vipassana weekend **08-10 October 2021**. (In English and Italian.)

Vipassana intensive @ Fara Sabina (Italy), 2021, in collaboration with Mirjam Hartkamp and Antonino Raffone. Can be followed

August 17-24 (6 full days, 7 nights).

August 24-31 (6 full days, 7 nights).

August 17-31 (13 full days, 14 nights).

Costs: **375E** for 7 days, **650E** for 14 days; sojourn in a single room with private bathroom on full pension basis.

Vipassana light @ Pelion (Greece).

Period **June 5-15, 2021 (9 full days, 10 nights)**. Rooms, all with own bathroom, on basis of full (vegan/vegetarian) pension. Due to Covid will not take place in person; replacement online: this will take place from June 5 at 06:00AM Amsterdam time (CET) until June 9 13:00 (1:00 PM) CET.

Online Vipassana weekend. **April 23-25, 2021** (Friday – Sunday).

Theme: The existential dance. **Period:**

Online Vipassana weekend. Three days.

Towards defusing the paradox of life.

Period: **March 11-14, 2021** (Thursday – Sunday).

Online Vipassana weekend. Four days.

Towards sustainable resilience

Period: **January 6-10, 2021** (Wednesday – Sunday).

2020

Online Vipassana weekend. Two days.
Towards wholesome mental states
Period: 30.10-01.11, 2020 (Friday – Sunday). Click for details.

Online Vipassana weekend. Three days.
Period: August 20-23, 2020 (Thursday 16:00 – Sunday 19:00).

~~Vipassana intensive @ Fara Sabina (Italy), 2020, in collaboration with Mirjam Hartkamp and Antonino Raffone. Can be followed
August 17-24 (6 full days, 7 nights).
August 24-31 (6 full days, 7 nights).
August 17-31 (13 full days, 14 nights).~~
Cancelled because of Covid-19.

Online Vipassana weekend. Two days.
Period: June 26-28, 2020 (Friday 16:00 – Sunday 19:00).
Developing wholesome mind-states
Final registration Friday June 26, 08:00 (CST: Amsterdam time).

Vipassana light @ Pelion (Greece), cancelled/postponed because of covid-19.

Online Vipassana weekend.
Period: April 24-26, 2020 (Friday 16:00 – Sunday 18:00).
Developing mental states

live sangha (Arnhem)

Vipassana intensive @ Fara Sabina (Italy), 2019, in collaboration with Mirjam Hartkamp and Antonino Raffone. Can be followed
August 17-24 (6 full days, 7 nights).
August 24-31 (6 full days, 7 nights).
August 17-31 (13 full days, 14 nights).
Costs: **375E** for 7 days, **650E** for 14 days; sojourn in a single room with private bathroom on full pension basis.

Vipassana light @ Pelion (Greece), 2019, in collaboration with Mirjam Hartkamp. **June 7-17, 2020 (9 full days, 10 nights)**. Rooms, all with own bathroom, on basis of full (vegan/vegetarian) pension.

Vipassana weekend @ Torino (Italy), 31.05-02.06.2019 (2 days, 2 nights), in collaboration with Mirjam Hartkamp. Developing concentration and insight, towards inner calm and mental freedom. Cost: 50E for two meals + association cost. City retreat: sojourn to be organized by participant.

Vipassana weekend @ Casalborgone (Chivasso, Italy).

Period: April 5-7, 2019 (Friday 16:00 – Sunday 17:00). [Sito Italiano](#)

Costs: 100E including four meals. City retreat: sojourn to be organized by participant. Some B&B places available on location.

Cursus Boeddhistische psychologie (Abhidhamma). Zaterdagen 23.2, 23.3, 27.4, 25.5. Op dana basis. Locatie wordt later bekend gemaakt. [Aanmelden hier](#) uiterlijk 12.2.