

11TH ANNUAL INSIGHT RESIDENTIAL RETREAT

Sacramento Insight Meditation's 2015 RESIDENTIAL RETREAT

Friday, September 4 through Sunday, September 13, 2015

NOTE: new format - 10 Days

*With John Travis, Senior Supervising Teacher and
Dennis Warren, Founding Instructor Sacramento Insight Meditation*

Meditation practice helps us turn inwards, towards a way of being where we live and act from a place of stillness, satisfaction, and kindness. This retreat is designed to deepen practice skills and foster insights into the stages of awakening and their implications for daily life.

When we practice together in a residential setting, the power of our individual efforts joins together into a powerful force of support, growth, and healing for each of us individually and for the community as a whole.

This 10-day, nine-night residential retreat will follow the traditional Insight (Vipassana) meditation format of alternating periods of sitting and walking meditation. Each day will include instruction, periods of question and answers, and group practice interviews. The cultivation of kindness, generosity, and compassion will be emphasized. Each evening's talk will relate to understanding and deepening meditative awareness, psychology and practice.



John Travis is the founding teacher of Mountain Stream Meditation Center and a member of the Teachers Council of Spirit Rock Meditation Center. He studied in Asia for many years with many of the Buddhist masters who have influenced a generation of American meditation teachers – Thubten Yeshe, Kalu Rinpoche, Anagarika Munindra, S.N. Goenka, and Traungpula. He has also trained and received teaching authorization from Jack Kornfield.

His sound and thoughtful advice has been instrumental to the development of Sacramento Insight Meditation. His teachings are characterized by his kindness, compassion, depth of meditation experience and ability to see deeply into the minds and hearts of those with whom he is working.

Dennis Warren is the Founding Instructor of Sacramento Insight Meditation. His dedication to and instruction at SIM has contributed to it becoming a thriving insight meditation community. He has been practicing Vipassana Meditation, studying Buddhist psychology and participating in residential retreats for over 30 years. He has just completed leading his second month long Pilgrimage and moving retreat in India where he taught at eight different venues of importance in Buddhist history. He is as a graduate of the Spirit Rock Meditation Center's intensive Community Dharma Leaders training program. He is also a Clinical Professor in Mindfulness in the Division of Pain Medicine at the UC Davis School of Medicine and Medical Center.



Retreat and Registration Details

Dates: Friday, September 4 through Sunday, September 13, 2015. The Retreat will begin with registration and room assignments between 3:30 and 5:30 p.m. Friday afternoon and will end Sunday prior to lunch. Dinner and an opening evening program will follow the registration period.

Location: Angela Center, Santa Rosa, California

Cost: The cost of the retreat will be **\$800.00**. Your registration fee covers accommodations, meals, and administrative costs. **Scholarships are available.** See below for details.

Registration and Registration Deadline: Advance registration and a deposit of \$200.00 are required. The remaining balance is due Friday, August 4, 2015, the registration deadline.

To Register: **Retreat is Full; however, there is a Waiting List** Please contact Registrar at res-ret-reg@sactoinsight.org to be added to the waiting list.

- 1) Fill out registration form: <http://www.sactoinsight.org/resources-2/eventregistration/11th-annual-insight-residential-retreat/> this will allow you to pay online.
- 2) If you cannot pay online, please send Payment (Deposit or Full amount)
 - By mail to Sacramento Insight Meditation, P.O.Box 191951, Sacramento, Ca 95819. Please note "2015 Retreat" in memo field of your check.
- 3) Upon registration you will receive an email confirming your space in the retreat. Approximately one month prior to the retreat you will receive a package of information, including directions to the retreat site and further retreat details.

Cancellations: Cancellations must be received in writing and are subject to the following fees; \$100 between July 4 and August 4; and \$200 on or after August 4, 2015.

Teaching & Cook Dana: While the retreat registration fee covers SIM's costs, the teachers and cook donate their time. At the end of the retreat you will have the opportunity to provide donations to support the efforts of teachers and cook.

Scholarships: The SIM Board supports some scholarships based on financial need. If you would like to apply for a scholarship please contact the registrar for an application. **Scholarship applications are due July 4, 2014.**

How do I Contribute to the Scholarship Fund: You can contribute to the scholarship fund by: Sending a check to Sacramento Insight Meditation, P.O. Box 191951, Sacramento, California 95819. Please note "2015Retreat Scholarship fund" in the memo field of your check, **OR**; Donate by credit card or PayPal account through the SIM website, at <http://www.sactoinsight.org> via our "Dana" button on the homepage. Please send an e-mail to the Registrar with the amount and method you donated, to ensure your donation goes to the scholarship fund. Contributing to the scholarship fund will permit additional scholarships and allow community members who need to pay less, the opportunity to attend.

For Further Information: Contact: res-ret-reg@Sactoinsight.org

