



# A Life of Deep Satisfaction Born of Peace

## Sacramento Insight Meditation (SIM) – 13th Annual Residential Retreat September 1 through 10, 2017

The historical Buddha identified 10 special qualities of mind and heart, “The Paramis” or “Perfections”, (\*) as having unique transformative powers for practices, our daily lives and our relationships. The Buddha considers the Paramis essential to freeing the mind and heart from suffering, and the basis for a life of a deep satisfaction and delight born of peace. SIM dedicates our 13<sup>th</sup> annual residential retreat to exploring and celebrating these foundational aspects of Buddhist practice.

This retreat will follow the traditional Insight format of alternating sessions of sitting and walking meditation. Each day will include instruction, period of question and answers, practice interviews and guidance, and dharma talks. The retreat format makes it appropriate for both experience practitioners, and those new to practice.



**DENNIS WARREN** is Founding Teacher of Sacramento Insight Meditation. He is a graduate of Spirit Rock Meditation Center’s Community Dharma Leaders training and has over 30 years of Buddhist practice and residential retreat experience. He has been co-teaching residential retreats for the last 12 years and has led several month long pilgrimages in Thailand, India and Nepal. The focus of his teachings is to support practitioners in getting as close as possible to the original, transformative teachings, psychology and practices taught by the historical Buddha. His practice and teaching have been deeply influenced by his work with Ram Dass, Joseph Goldstein, John Travis, Steven Armstrong and Kamala Masters.



**DIANE WILDE** has studied meditation in various traditions since 1990 and is a founding member of SIM. She founded the Buddhist Pathways Prison Project (BP3). At BP3 she is a volunteer chaplain and coordinates 45 volunteers who offer Buddhist services at numerous California prisons and

jails. She is a graduate of Sati Center’s Buddhist Chaplaincy program and Spirit Rock Meditation Center’s Community Dharma Leadership Training Program. She is a board member of Sati Center for Buddhist Studies. In 2015 she was lay-ordained at Insight Meditation Center by her teacher Gil Fronsdal as a Buddhist minister.

**RICHARD H HOWARD** has been an active practitioner and volunteer at SIM since 2004. His area of interest is bringing meditative awareness into everyday life. He is a graduate of SIM’s Practice Development and Leadership (PDL) program and participated in SIM’s 2007



India Pilgrimage. These experiences led to his establishing and overseeing SIMs Kalyana Mitta (spiritual friends) groups from 2008 to 2010. He is a past president SIM’s Board of Direction, as well as the Board of the original group which evolved into the Sacramento Dharma Center. He served as a Peace Corps volunteer in southern Africa in the 1970s, is fluent in Spanish, and is a retired environmental consultant. His teachers are Dennis Warren and Steve Armstrong.

(\*) The Paramis or Perfections are Wisdom / Insight, Loving Kindness, Equanimity, Generosity, Patience / Acceptance, Determination, Restraint / Renunciation, Energy / Effort, Truthfulness and Ethics.



# Retreat and Registration Details

**Dates** Friday, September 1 through Sunday, 1200 Noon, September 10, 2017

**Venue** Angela Center, Ursula Retreat Hermitage, Santa Rose, California

**Cost** SIM's actual cost per person for this retreat is **\$930.00**. Participations may pay this "Donor's Level" registration fee or our regular registration fee of **\$800.00**. Both cover costs of accommodations, meals and administration.

## Registration

June 15 – registration due with deposit of \$350.00.

July 15 - remaining \$580.00 (Donor Level) or \$450 (Regular registration) due.

Registration fees do not cover any financial support for retreat teachers or cooks. An opportunity will be provided at the end of the retreat for voluntary donations for the teachers and cooks.

Register and pay online at <https://sactoinsight.org/event/13th-annual-residential-retreat/>; or register on-line and send a check made out to "SIM" to Sacramento Insight Meditation, C/O Sacramento Dharma Center Building, 3111 Wissemann Drive, Sacramento, California, 95826.

Upon registration, you will receive a confirming email and approximately one month prior to the retreat you will receive a participant package of documents.

## Scholarships

Contact the retreat registrar at [registrar@sactoinsight.org](mailto:registrar@sactoinsight.org) to contribute to the retreat scholarship fund or to apply for a partial or full scholarship. A limited number of scholarships are available based on need and applications are due by July 4.

## Cancellations

Up to June 15, full refund.

After June 15 and up to July 15, \$350 deposit will be retained by SIM.

After July 15, no refunds will be given. A waiver of this policy will be considered in limited circumstances based on application demonstrating financial hardship.

## Questions

For more information or for questions, contact the retreat registrar at [registrar@sactoinsight.org](mailto:registrar@sactoinsight.org)