

Awareness, Insight and Liberation

A One Day Retreat with Senior Teacher Steven Armstrong on Saturday, January 27



Sacramento Insight Meditation (SIM) will be hosting a special one day retreat led by Senior Theravadan / Vipassana Teacher Steven Armstrong in Sacramento on Saturday, January 27, 2018 from 8:30 am to 4:00 pm.

The day will focus on integrating the mindfulness meditation instructions of Mahāsi Sayadaw with the practical mindful awareness guidance of Sayadaw U Tejaniya. This event is suitable for both new and experienced meditators. People of all walks of life are warmly welcome.

Steve will offer a clear path for developing clarity of awareness with each arising moment. This leads to stability of mind and the insightful knowledge of liberation. Such knowledge weakens deeply conditioned habits of mind that cause unhappiness, and strengthens conditions for an enduring sense of well-being.

Registration is now open at www.sactoinsight.org/events/2018-01-27/. Those who register and attend this one day retreat will receive an initial priority registration opportunity for the 2018 SIM residential retreat with Steve in a forest retreat center near Foresthill (September 7 to 14.)



Steve Armstrong has studied the dhamma and practiced insight meditation since 1975. He served for years at the Insight Meditation Society in Barre, Massachusetts as Executive Director, Board member and a senior teacher of the annual three-month retreat. As a monk in Burma for 5 years, he undertook the intensive, silent practice of insight and lovingkindness meditations under the guidance of Sayadaw U Pandita, as well as studying the abhidhamma with Sayadaw U Zagara of Australia. He continues his practice under the guidance of Sayadaw U Tejaniya in Rangoon.

*He has been leading meditation retreats internationally since 1990 and is a co-founding director and teacher of the Vipassana Metta Foundation dhamma sanctuary on Maui. He was the Managing Editor of the translation committee that in 2016 brought to publication the much anticipated **Manual of Insight** by Mahasi Sayadaw, previously unavailable to the international meditation community in English.*