

# BECOMING WHOLE and FULLY HUMAN

*We become fully human through our practice of integrating the liberating qualities of Kindness, Compassion, Joy, Equanimity and Gratitude into our lives.*

**A traditional ten-day Vipassana retreat  
sponsored by Sacramento Insight Meditation  
at Angela Center, Santa Rosa, California.**

**Friday, September 2 through Sunday, September 11, 2016**

At this retreat we will cultivate the rich and life affirming qualities of mind that guide us into deep satisfaction and peace, as well as facing and healing from those areas of our life we have shunned, avoided or treated with aversion. The retreat will emphasize working with kindness, compassion, sympathetic joy, equanimity and gratitude as foundational aspects of the Buddha's path to awakening in daily life.

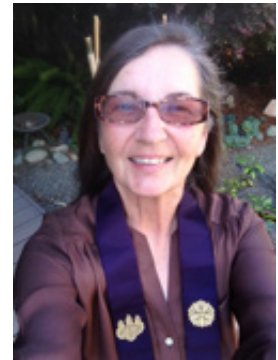
This ten-day, nine-night retreat will follow a traditional Insight (Vipassana) meditation format of alternating periods of sitting and walking meditation and evening Dharma talks. Each day of the retreat will include instruction, periods of questions and answers, and practice interviews.

## RETREAT LEADERS



**Dennis Warren** is SIM's Founding Teacher of Sacramento Insight Meditation. He is a graduate of Spirit Rock Meditation Center's Community Dharma Leaders training and has over 25 years of Buddhist practice and residential retreat experience. He has been co-teaching residential retreats for the last 10 years and has led several month long pilgrimages in Thailand, India and Nepal. *(more about Dennis can be found at [www.sactoinsight.org](http://www.sactoinsight.org))*

**Diane Wilde** has studied meditation in various traditions since 1990. In 2001 she was a founding member of Sacramento Insight Meditation. She is a graduate of Spirit Rock Community Dharma Leader Training, founded Buddhist Pathways Prison Project (BP3) and is an ordained Buddhist Minister. *(more about Diane can be found at [www.sactoinsight.org](http://www.sactoinsight.org))*



**Rich Howard** has been an active practitioner and volunteer at SIM since 2004. He participated in SIM's 2007 India Pilgrimage and is a graduate of SIM's second PDL program. The pilgrimage and the PDL program led to an interest in establishing the SIM Kalyana Mitta (spiritual friends) groups. He coordinated SIM's network of Kalyana Mitta groups until he joined the SIM Board in 2010, where he served for five years. *(more about Rich can be found at [www.sactoinsight.org](http://www.sactoinsight.org))*

## Retreat and Registration Details

**Date:** Friday, September 2 through Sunday, September 11, 2016. The Retreat will begin with registration and room assignments between 3:30 and 5:30 p.m. Friday afternoon at the Angela Center, Santa Rosa, California. Dinner and an opening evening program will follow registration.

**Cost:** The cost of the retreat is \$800. Your registration fee covers accommodations, meals, and administrative costs. Scholarships are available. See below for details.

**Registration:** Registration is due by Friday, August 5, 2016. A deposit of \$200 is required to reserve your place in the retreat. The remaining balance is due Friday, August 5, 2016.

**To Register:** Send e-mail to the registrar at [Registrar@Sactoinsight.org](mailto:Registrar@Sactoinsight.org) with the following information:

- Name, Address (street, city, state, zip code), telephone, e-mail, • Amount Paid (\$200 deposit, or full amount, or scholarship request);
- Method of Payment: check, credit card or PayPal via website.

**Send Payment** (Deposit or Full amount)

- By mail to Sacramento Insight Meditation, P.O. 191951, Sacramento, Ca 95819. Please note "2016 Retreat" in memo field of your check, OR
- By credit card or Paypal account, through the SIM website at <http://www.sactoinsight.org> via our "Dana" button on the homepage. Please note that registration fees are not donations.

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 8 and August 5, 2016; and \$200 after August 5, 2016

**Teacher & Cook Dana:** None of the retreat registration fee is used to compensate the retreat teachers or cook. At the end of the retreat you will have the opportunity to provide donations to support the efforts of the leader, assistants 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 Friday July 8, 2016.

### 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 "2016 Retreat Scholarship fund" in the memo field of your check); donating 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 cannot afford the full price of the retreat the opportunity to attend.

*For Further Information: Contact: [Registrar@Sactoinsight.org](mailto:Registrar@Sactoinsight.org)*