

Saturday, February 27, 8:30-4:00 p.m.

One Day Retreat with Senior Teacher Kamala Masters.

Sierra Arden United Church of Christ, 890 Morse Avenue,
Sacramento

If you are not registered, there is still space available. Just come the day of the retreat-no need to pre-register at this point.

The Integration of Love and Wisdom

We are pleased to announce that Kamala Masters, one of the founders and teachers of the Vipassana Metta Foundation on Maui and a Guiding Teacher and member of the Board of Directors at the Insight Meditation Society at Barre, Massachusetts, will be leading a one-day retreat on Saturday, February 27, 2016. The topic is “The Integration of Love and Wisdom.” For further information, go to <http://sactoinsight.org/event/one-day-retreat-with-senior-teacher-kamala-masters>. There you’ll find information about the venue, cost and Kamala’s background.

What to bring to the daylong:

- A check made out to SIM for \$35 or cash for the registration fee.
- A lunch to eat on the premises. There is 1 microwave and a refrigerator for 60 participants.
- Your own containers for water and/or tea. We will provide hot water and tea bags.
- Whatever you need to sit comfortably. There are cushioned chairs and we will have some zafus and zabutans available. Consider bringing shawls for the early morning. The room is heated.
- A mind and body prepared to sit in silence.
- Dana for Kamala
- Whatever else you need (snacks, walking shoes, etc.)

Logistics:

- Sierra Arden United Church of Christ is located at 890 Morse Ave, Sacramento, CA 95864
- There are two parking lots: One on Northrup Ave. for those who

need to be closer to the hall and one on Morse Ave. You can also park on both sides of Northrup Ave.

- The retreat begins at 8:30 and ends at 4:00pm. Please do not arrive before 8am.

Thank you all for helping us create a welcoming space in which to practice.