

BECOMING WHOLE and FULLY HUMAN

SACRAMENTO INSIGHT MEDITATION'S 12TH ANNUAL RESIDENTIAL RETREAT Friday, September 2 through Sunday, September 11, 2016

*Co-Led by SIM's Founding Teacher Dennis Warren
and SIM Mentors Diane Wilde and Rich Howard*

The path of practice laid out for us by the historical Buddha leads to the liberation of our minds and hearts from suffering. It is a path that involves our becoming whole and fully human. It includes our cultivating the rich and life affirming qualities of mind that guide us into deep satisfaction and peace. It also includes our facing and healing from those areas of our life we have shunned, avoided or treated with aversion. This 12th annual 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.

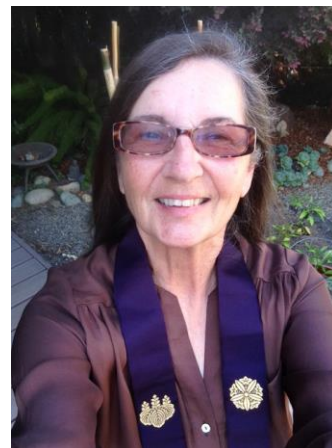
This ten-day, nine-night retreat will follow a traditional Insight (Vipassana) meditation format of alternating periods of sitting and walking meditation. Periods of movement and body awareness will focus on exploring sensory awareness and its essential role in Mindfulness practice. Each day of the retreat will include instruction, periods of questions and answers, and practice interviews. Each evening's talk will help participants deepen their understanding of meditative awareness, Insight, and the process of integrating them into our lives.



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

Since 2006 Dennis has been a Volunteer Clinical Professor in the Division of Pain Medicine at the UC Davis School of Medicine focusing on mindfulness based interventions for chronic pain. During the same time, he has been a Visiting Instructor in the Department of Psychiatry and Behavior Medicine relating to the use of mindfulness in therapeutic settings. His practice and teaching have been deeply influenced by his work with Ram Dass, Joseph Goldstein, John Travis, Kamala Masters and Steven Armstrong.

Diane Wilde has studied meditation in various traditions since 1990. In 2001 she was a founding member of Sacramento Insight Meditation. She founded and is a board member of 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 the Sati Center's Buddhist Chaplaincy program. She graduated from Spirit Rock Meditation Center's Community Dharma Leadership Training Program. She is a board member of the Sati Center for Buddhist Studies. In 2015 she was lay-ordained at Insight Meditation Center by her teacher Gil Fronsdal as a Buddhist minister.



Rich Howard has been an active practitioner and volunteer at SIM since 2004. His area of interest is meditative awareness into everyday life. 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. He was one of the SIM representatives to the Inter-Sangha Coordinating Committee, predecessor to the Sacramento Dharma Center Board, which seeks to establish a shared space for Buddhist sanghas in Sacramento. He served as a Peace Corps volunteer in southern Africa in the 1970s and is fluent in Spanish. His teachers are Dennis Warren and Steve Armstrong.



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 will be **\$800**. Your registration fee covers accommodations, meals, and administrative costs. Some **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:

- 1) Send e-mail to the registrar at 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.
- 2) 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.*
- 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 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