



# From Effort to Ease

## Sacramento Insight Meditation (SIM) – 13th Annual Residential Retreat

September 7 through 14, 2018

This seven-night retreat in a forest retreat grounds just outside Foresthill, California in the Sierra Nevada foothills is suitable for both new and experienced meditators. People of all walks of life are warmly welcome.

John will emphasize the simple discipline of walking and sitting.  
Resting with the good heart and unruffled mind.  
Seeing that when there is great ease there is also effortless freedom.

Buddha emphasized over and over that it takes effort to follow the path of Dharma.  
Yet the ultimate result is about the nature of ease.  
We use effort to see into the nature of a fearful and restless mind/heart.  
Then the fundamentals of insight:  
– relaxing in the deepest recesses of our psyche  
– diminishing the power of anxiousness and dis-ease.  
Ultimately finding its own good heart and relaxed mind.

Registration is now open at <http://sactoinsight.org/event/2018-residential-retreat/>



**JOHN TRAVIS** is the founding teacher of Mountain Stream Meditation Center and an emeritus member of the Senior Teachers Council of Spirit Rock Meditation Center. He studied in Asia for many years with many of the Buddhist masters who have influenced a generation of American meditation teachers—Thubten Yeshe, Kalu Rinpoche, Anagarika Munindra, S.N. Goenka, and Traungpula. He has also trained with and received teaching authorization from Jack Kornfield.

John was a critical force in the early growth of the Sacramento meditation community through his regular presence, guidance, and teachings during the 1990s. His sound and thoughtful advice has been instrumental to the development of Sacramento Insight Meditation. He now teaches regularly in various meditation centers in the United States and overseas. His teachings are characterized by his kindness, compassion, the depth of his meditation experience, and his ability to see deeply into the minds and hearts of those with whom he is working.



# Retreat and Registration Details

**Dates** Friday, September 7 through Friday, 12:00 Noon, September 14, 2018

**Venue** Community of the Great Commission Camp & Retreat Center, Foresthill, California

**Cost** We've worked very hard to keep cost down. Registration fees are substantially lower than previous years. You can select from two different registration fee levels:

Regular:	\$700.00	Donor Level:	\$775.00
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Both levels cover the costs of accommodations, meals and administration. Donor level registration reduces overall retreat costs and supports scholarship assistance for participants facing special financial demands.

## Registration

Register and deposit payment of \$400.00 can be done online at <http://sactoinc.org/event/2018-residential-retreat/>; or register online 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 a participant package of documents approximately 1 month prior to the retreat.

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

## Scholarships

A limited number of partial or full scholarships are available based on need. Contact the retreat registrar at [registrar@sactoinc.org](mailto:registrar@sactoinc.org) for an application which is due July 4.

## Cancellations

Up to June 5, full refund.

After June 5 and up to July 15, \$400 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@sactoinc.org](mailto:registrar@sactoinc.org)