

Seeing With The Eyes of Kwan Yin

A One Day Retreat with Lori Wong on Saturday, July 28



Sacramento Insight Meditation (SIM) will be hosting this one day retreat led by Lori Wong on Saturday, July 28, 2018 from 8:30 am to 4:30 pm. Address: 3111 Wissemann Drive, Sacramento, CA.

In this daylong, we will explore blind spots: how to know what we don't know, see what we don't see — in the framework of suffering and compassion. We'll look at personal and collective identity and privilege and their role in how we show up. The day will include meditation, experiential and interactive exercises, and reflection.

Registration is now open at www.sactoinsight.org and is \$15.00 per person. If you are able and interested in further supporting SIM financially, you have the option of a registration fee of either \$25 or \$35 dollars. No one will be turned away for lack of funds; please contact the registrar for more information. Additionally, at the retreat there will be an opportunity to offer dana (in the form of a financial donation) to support the retreat presenter and Sacramento Insight Meditation.



Lori Wong is the founding teacher of Insight Meditation Central Valley, a graduate of Spirit Rock's Community Dharma Leader program, and has been offering mindfulness and dharma teachings in the Central Valley since 2009. She has been practicing Insight Meditation since 2003 under the guidance of Gil Fronsdal, who is the principal and founding teacher of the Insight Meditation Center (IMC) in Redwood City, CA. She is a former board member and former president of IMC, a former board member of the Sati Center for Buddhist Studies has volunteered for the Buddhist Pathways Prison Project, and was a founding board member of the Buddhist Insight Network.

She is also a Stanford-certified Compassion Cultivation Training™ (CCT) teacher, trained through Stanford University's Center for Compassion and Altruism Research and Education and a senior CCT teacher for the Compassion Institute. She has been teaching the CCT protocol since 2014 for the general public as well as for staff of various agencies, including St. Joseph's Medical Center in Stockton and the Modesto Vet Center and Stanislaus County Department of Aging and Veteran Services.