



An offering by Sacramento Insight Meditation (SIM)

Beginning Anew

A One Day Retreat with Sim's Founding Teacher Dennis Warren

This will be a relaxed day of practice involving alternating periods of sitting and walking meditation, movement and discussion. We'll explore what it means to "look in the right place" and "look the right way" when trying to work with challenges like doubt, confusion, restlessness, worry and anxiety. We'll do this through trying different approaches to experiencing things directly, rather than intellectually. We'll engage in some thoughtful reflection on the how the choices and decisions we make in dealing with these core life challenges shape not just our own lives, and but impact the lives of those around us.

All are welcome. Come for all day or for a portion of the day. Please bring your lunch.

Registration is \$15.00 per person due before the start of the event. 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.

This all day retreat meets Saturday, January 26, 2019, 8:30 am to 4:00 pm in Sacramento at 3111 Wissemann Drive.

Visit www.sactoinsight.org/event/retreat-jan-26/ to register.



Dennis Warren teaches traditional meditation and mindfulness practices as well as their contemporary uses with chronic pain, anxiety, depression, burn out, professional performance and in therapy. He has nearly thirty years of practice experience and residential retreat work in Insight (Vipassana) Meditation.