

Cultivating Awareness and Wisdom

A DAYLONG RETREAT
WITH VANCE PRYOR

Saturday, March 30
9:00 AM to 5:00 PM

This will be a beautiful peaceful day of Practice including both Sitting and Walking Meditation. There may also be time for questions, answers and reflections. All are welcome. Come for all day or for a portion of the day. Please bring your lunch.



3111 Wissemann Drive, Sacramento, CA

Registration available online at

www.sactoinsight.org

Sliding scale \$15 to \$35

VANCE PRYOR, PsyD, began insight meditation in 1998. He has been deeply influenced by the teachings of Sayadaw U Pandita and Sayadaw U Tejaniya. His training to become a teacher has been supported by the mentorship of Steve Armstrong and Kamala Masters. He is currently participating in Insight Meditation Society's 2017-2021 Teacher Training Program.

A 2019 event hosted by Sacramento Insight Meditation