



Retreat and Registration Details

Sacramento Insight Meditation (SIM) – 14th Annual Residential Retreat September 3 through 10, 2019

Residential retreat is widely viewed in the Theravada tradition as an important, if not essential, component in the path towards awakening. Residential meditation practice provides an environment that helps us turn inward towards a way of being where we live and act from a place of stillness, satisfaction, and kindness. This retreat is designed to deepen practice skills and foster insights into the stages of awakening and their implications for daily life.

It is rare for a community sangha to sponsor a regular residential retreat. When we practice together in a residential setting, the power of our individual efforts joins together into a powerful force of deepen your own practice and to deepen our connections as a community. People of all walks of life are warmly welcome.

Registration opens mid-April at <http://sactoinsight.org/event/2019-residential-retreat/>



Kamala Masters began practicing meditation in the mid-seventies attending retreats in the Theravada tradition. In 1977 she met Anagarika Munindra, her first teacher, who taught her the value of being mindful in everyday life. In 1985, she began to practice vipassana and metta meditations intensively with Sayadaw U Pandita with whom she temporarily ordained as a Buddhist nun in 2001 and 2003. In 2005, she began practicing *cittanupassana*, contemplation of mind, with Sayadaw U Tejaniya. She integrates this teaching with what she has learned from her other respected teachers.

Since the early nineties, Kamala has been teaching in the United States and abroad, and is a Guiding Teacher and member of the Board of Directors at the Insight Meditation Society. In 1995 she co-founded Vipassana Metta Foundation with Steve Armstrong, developing the Maui Dhamma Sanctuary for self-reliant students to practice. She served as an editor on the Vipassana Metta Foundation Translation Committee for Mahasi Sayadaw's *Manual of Insight*, published by Wisdom Publications in 2016.

Kamala strives for extended periods of self-retreat each year. She is grateful for the opportunity to serve and to grow in the Dhamma.



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.



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- Dates** Tuesday, September 3 through Tuesday, September 10, 2019
- Venue** Mercy Retreat Center, Auburn, California
- Cost** We've worked very hard to keep cost down, so registration fees are the same as last year. You can select from two different registration fee levels:

Regular: \$700.00 Donor Level: \$775.00

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 \$350.00 can be done online at: <http://sactoinc.org/event/2019-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. (Please put "Retreat 2019" on note line.)

Payment in full is due by June 30.

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 teachers. An opportunity will be provided at the end of the retreat for voluntary donations for the teachers.

Scholarships

A limited number of partial or full scholarships are available based on need. Contact the retreat registrar at registrar@sactoinc.org for an application which is due June 15.

Cancellations

Through May 24th, full refund if requested by this date.

May 25th through June 30th, deposit will be retained by SIM; balance paid is refundable.

On or after July 1, deposit will be retained by SIM. Balance may be refundable if the spot is filled by a wait listed person. Otherwise, the balance will not be refunded. A waiver of this policy will be considered in limited circumstances based on request demonstrating financial hardship.

- Questions** For more information or for questions, contact the retreat registrar at registrar@sactoinc.org