

# **Meditative Retreat**

## **Saturday, Sept 28, 8:30 AM to 4:30 PM**

### **THE ROLE OF “FRAMING EXPERIENCE” IN PERFORMANCE, SATISFACTION AND HAPPINESS WITH SIM’S FOUNDING TEACHER DENNIS WARREN**

Every day we are presented with circumstances that can be opportunities, challenges or problems depending on how our mind frames the experience that is taking place. The way our mind frames an experience has enormous influence in determining how we feel about our capacity to deal with a set of facts skillfully and how we perform.

This event – how the mind frames what is it about to engage – is critical in guiding how, and whether, we can mobilize our inner resources to take on what life brings to us with determination, patience and satisfaction; or whether we struggle, suffer and are disappointed. This is the difference between feeling empowered and capable vs vulnerable and at risk.

This principle applies whether the circumstances, or life situation, involves our interior life, our relationship with others, or economic, cultural or political events taking place in our community, our country or the work.

This one day will look at ways we can use the framing process as a practical, hand-on tool. We will examine the what, why and how of framing events from a practice perspective using real life illustrations. We will explore how we can use our practice to improve the fundamental way we relate to our experience, improve our performance and feel better about ourselves? This will include Dennis sharing some of his recent experiences in dealing with medical challenges, pain and other significant life situations. Please try to attend Dennis' talk on Thursday, September 26 if you plan on attending this one-day retreat. That talk will lay a helpful foundation for your experience of the one-day retreat.

**3111 Wissemann Drive, Sacramento, CA**

**Registration available online**

**[www.sactoinsight.org](http://www.sactoinsight.org)**

**Sliding scale \$15 to \$35**



DENNIS WARREN is SIM's Founding Teacher and has been teaching mindfulness, meditation and contemplative practices since 1998. He recently completed his 11th year as a Volunteer Clinical Professor in Mindfulness in the Division of Pain Medicine at the UC Davis School of Medicine and Medical Center. He is certified as a Mindfulness Teacher, Professional Level (CMT-P), by the International Mindfulness Teachers Association. He is a graduate of the professional trainings in Mindfulness Based Stress Reduction and Mindfulness Based Cognitive Therapy for Depression. He also is a graduate of the Spirit Rock Medication Center's Dharma leaders training program.

**A 2019 event hosted by Sacramento Insight Meditation**