

An event hosted by Sacramento Insight Meditation

A DAYLONG RETREAT  
WITH VANCE PRYOR

**Mindfulness in Daily Life**

Saturday, March 28, 2020

8:30 AM to 4:30 PM

A day of mindfulness can be a wonderful way to gain some momentum with meditation practice. The daylong will emphasize integrating mindfulness practice into activities of daily living. There will be alternating periods of sitting and walking meditation and ample time between formal meditation sessions for question and answer periods. All are welcome. Please bring your lunch.

**Sacramento Dharma Center**  
3111 Wissemann Drive,  
Sacramento, CA 95826

**Registration available online at**  
**[www.sactoinsight.org](http://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.