



# DAY-LONG RETREAT WITH RICH HOWARD

## Awareness Practice and Inquiry

Sat, Feb 29 | 8:30 AM to 4:30 PM  
Sacramento Dharma Center  
3111 Wissemann Dr, Sacramento, CA

Registration available online at  
[www.sactoinsight.org](http://www.sactoinsight.org)  
Sliding scale \$15 to \$35

"Awareness knows" says Burmese monk and meditation teacher Sayadaw U Tejaniya. Sounds simple - is it? With all the approaches to mindfulness floating around, it may be a challenge to know how to practice a simple yet effective form of awareness that leads to insight and eventually freedom. Let's spend a day of practice and inquiry into the nature, feeling, and function of awareness. With reminders from Sayadaw's two most recent books, "Collecting Gold Dust" and "Relax and Be Aware" as support, we will practice sitting, standing, and walking meditation, with some guided meditations. There will also be periods for questions and answers. The day will otherwise be held in noble silence. Bring a lunch and plan to spend all day on site to support continuity of awareness. Copies of Sayadaw U Tejaniya's book "Dhamma Everywhere" will be offered to the first twenty people who register.



RICH HOWARD has been an active practitioner and volunteer at SIM since 2004. His area of interest is bringing meditative awareness into everyday life. He participated in SIM's 2007 India Pilgrimage and is a graduate of SIM's second Practice Development and Leadership (PDL) program. He served on the Board from 2010 until 2015, the last two years as president. He was one of the SIM representatives to the Inter-Sangha Coordinating Committee, predecessor to the Sacramento Dharma Center Board, which now runs our shared space for Buddhist sanghas in Sacramento. He served as a Peace Corps volunteer in southern Africa in the 1970s and is fluent in Spanish. His teachers are Dennis Warren, Tony Bernhard, and Steve Armstrong.