



An offering by Sacramento Insight Meditation (SIM)

Daylong Meditation Retreat

Exploring Realistic Standards for Community Practice

Comparing Monastic & Community Level Practice

A One Day Retreat– with SIM’s SIM Founding Teacher Dennis Warren

The historical Buddha created different models of practice. One for monastics – nuns and monks – and another for community level practitioners with families whose lives are filled with obligations and responsibilities. The practice approach we’re developing here in the West is an attempt to blend these two models. We are studying and practicing from teachings that were, for the most part, intended for monastics. These individuals were engaged in intense, deep and sophisticated practices in protected environments shielded from most of the pressures, stresses and responsibilities each of us routinely face every day. The monastic model, as well, did not involve responsibility for addressing the real-life social, economic, family and political conditions that contribute so substantially to the stress of community level practitioners. This one-day retreat will examine the different models of practice offered by the historical Buddha. It will explore questions about, and the implications of, our attempt to blend them into a new western model. Our goal for the day will be a relaxed discussion that will help each of us establish realistic standards for our individual practices informed by historical context. Dennis will also discuss a new 2020 SIM course entitled “Living and Practicing on the Other Side of Suffering” that is directly related to issues that will be raised during this one-day.

Saturday, December 28 @ 8:30 am - 4:30 pm



3111 Wissemann Drive, Sacramento, CA

Registration available online

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 Meditation Center’s Dharma leaders training program. 2018 was his 20th year of teaching Insight Meditation and mindfulness practices in residential, retreat, educational, medical, corporate and community settings. In 2007 and 2014, Dennis led month long pilgrimages and moving retreats in Thailand, India and Nepal. A third is being planned for late 2021.