

Emptiness & Suffering~

A Study of the Cycle of Dependent Arising



**A weekend of meditation and dhamma study
with Shaila Catherine**

February 19–21, 2011

President's Day Weekend

Saturday and Sunday: 9:30 am–5:00 pm

Monday: 9:30 am–3:30 pm

MENLO PARK, CALIFORNIA

THIS WEEKEND PROGRAM is an in-depth exploration of the causal formations that construct identity and perpetuate suffering. We will study the traditional twelve-fold model of dependent arising through intellectual, reflective, and experiential processes. This brilliant model, fundamental to the Buddha's teachings, highlights how patterns of ignorance, craving, and basic psycho-physical processes condition our lives. The program will include contemporary readings, sutta study, dhamma talks, and discussion blended with experiential reflections and guided-meditations to expose the causal relationships that produce suffering and enhance the power of liberating knowledge.

COST: \$100 fee covers basic operational expenses. Voluntary donations/dana offerings to support the teacher are encouraged.

DANA: In an effort to embrace these teachings in the spirit of generosity, no specific charge for the teacher is included in the basic course fees. A basket will be available for practicing generosity by offering voluntary donations (*dana*) to support the teacher and her ongoing efforts of serving the dhamma.

TO REGISTER: Send \$100 payable to *Bodhi-Retreats*. Include your name, e-mail, phone, and postal address.

Bodhi-Retreats, PO Box 490, Menlo Park, CA 94026
suttastudy@imsb.org, 650-854-5118

SHAILA CATHERINE has been practicing meditation since 1980, with eight years of accumulated silent retreat experience. She has been teaching since 1996 and founded Insight Meditation South Bay in 2006. Shaila has studied with masters in India, Nepal and Thailand, and is continuing her training with the Venerable Pa-Auk Sayadaw of Burma. She is the author of *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*.

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