

Memorial Weekend Spring Retreat

Awakening with Insight



with Shaila Catherine

Friday May 27- Monday May 30, 2011

Vajrapani Institute, Boulder Creek, CA

Retreat begins at 3:00 pm on Friday, May 27

and ends at 2:00 pm on Monday, May 30.

This silent Insight Meditation retreat is perfectly situated for reflection and deep contemplation. Appropriate for new and experienced practitioners and set in a beautiful redwood forest, this retreat includes mindfulness instructions, individual consultations with the teacher, and daily dhamma teachings. By cultivating a calm, clear awareness, we can dissolve any suffering that may entangle our hearts and discover our freedom in the midst of things.

REGISTRATION: Download registration form from:
<http://www.imsb.org/programs/retreatsWithShaila.php>
and send a non-refundable deposit of \$200 (payable to “Bodhi-Retreats”) to:

Janet Taylor
10373 Doris Ave
San Jose, CA 95127
Contact: retreats@imsb.org or (408) 761-9659

COST: \$480 registration fee includes accommodations, food and staff services. A limited number of private rooms or cabins are available with an additional cost.

DANA: Compensation for the teacher is not included in the registration price. There will be an opportunity to offer dana/donations to support the teacher at the end of the retreat.

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*.

Co-Sponsored by Bodhi-Retreats and Insight Meditation South Bay

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