

The Dharma Zephyr Insight Meditation Community presents



Fall Meditation Retreat:

Insight and Reflections on Impermanence

with **Shaila Catherine**

at **Camp Galilee, Glenbrook, NV**

Beginning Friday, November 4, 2016 • 3pm

Length Options:

7 nights, ending Friday, Nov. 11 • 1pm

or 3 nights, ending Monday, November 7, 2016



This silent meditation retreat will emphasize direct insight through a continuity of mindfulness and the perception of impermanence. The focus of the meditation instructions will be mindfulness of body, feelings, and mind. In honor of the recent Halloween Holiday, optional instructions will be offered in the classic practices of skeleton, corpse, and death contemplations, as powerful means of practicing nonattachment. Meditation instructions, consultations with the teacher, and daily dharma teachings make this retreat suitable for both new and experienced practitioners. The peaceful setting under great pines offers a unique opportunity for silent meditation — an insight holiday. This exquisitely beautiful retreat center sits right on the shore of Lake Tahoe. It is an inspiring environment that enables participants to enjoy walking meditation on the beach, and if weather permits, mindful kayaking on the lake.

INFORMATION: Contact Tom Gray at eltigrenevada@gmail.com or (775) 846-4658.

Shaila Catherine is the founder of Bodhi Courses, an online Dharma classroom (www.bodhicourses.org), and Insight Meditation South Bay, a Buddhist meditation center in Silicon Valley in California (www.imsb.org). She has been practicing meditation since 1980, accumulating more than eight years of silent retreat experience, and has taught internationally since 1996. Shaila studied with masters in India, Thailand, and Nepal, and also with the founders of western meditation centers. She completed a one-year intensive meditation retreat with the focus on concentration and jhāna, and authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*. Since 2006, Shaila has been practicing under the direction of Venerable Pa-Auk Sayadaw. She authored *Wisdom Wide and Deep: A Practical Handbook for Mastering Jhāna and Vipassanā* to help make this traditional approach to samadhi and vipassana accessible to western practitioners.

COST: 7 nights for \$590-\$900 sliding scale, or 3 nights for \$290-\$500 sliding scale, plus a voluntary donation to the teacher at the end of the retreat. The estimated actual per-person cost for this retreat (if we used a fixed rate) is \$715 for 7 nights and \$360 for 3 nights. By selecting an amount above these levels, your generosity supports those who need to select a lower rate to attend the retreat. This sliding scale allows scholarship needs to be handled by self-selecting an amount lower than \$715 or \$360. The cost includes comfortable accommodation in a shared cabin, three delicious vegetarian meals each day, and staff services. Depending on attendance, a limited number of single-occupancy rooms may be available upon request for \$400 extra. Space is limited and priority will be given to those registering for 7 nights. 3-night registrations and single-room requests will be confirmed in early October. Early registration is much appreciated as it assists in retreat planning.

TO REGISTER: Download and fill out the registration form and liability waiver at www.dharmazephyr.org/events or at www.imsb.org, enclose a \$200 nonrefundable deposit (or the total fee if registering after September 3, 2016), payable to Dharma Zephyr, and mail to: Dharma Zephyr, 1835 Franklin Rd, Carson City, NV 89706.

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

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