



*Dharma Zephyr Insight Meditation Community
and Mountain Stream Meditation Center*
- co-sponsors -



The Path of Awakening: *Cultivating Insight and Concentration*



with **SHAILA CATHERINE**

Monday, November 15 – Sunday, November 21, 2010

*At Galilee Episcopal Camp and Conference Center
on the lovely east shore of Lake Tahoe
Glenbrook, Nevada*

Retreat begins 2 PM, Nov. 15 and ends 3 PM, Nov. 21

This silent Insight Meditation retreat will emphasize the cultivation of both concentration and mindfulness to enhance the potential for liberating insight. Meditation instructions, consultations with the teacher, and daily dharma teachings make this retreat suitable for both new and experienced practitioners. By cultivating a calm, clear awareness, we can dissolve suffering that may entangle our hearts and discover our freedom in the midst of things.

- REGISTRATION:** Download the registration form and liability waiver from: <http://www.dharmazephyr.org>. Enclose a deposit of \$300 (payable to *Dharma Zephyr*) and mail to:
Tom Gray, 1835 Franklin Rd, Carson City, NV 89706
Questions? Contact Tom at Tom@dharmazephyr.org or at (775) 846-4658.
- COST:** \$550 for the first five registrants; \$610 for the next five registrants; \$675 for all others; Limited scholarships available – contact Tom Gray.
Registration fees cover accommodation in a dormitory or shared cabin, and three delicious vegetarian meals each day. Single-occupancy cabins may also be available on a limited basis for \$100 extra.
- DANA:** Compensation for the teacher is not included in the registration price. There will be an opportunity to offer dana/donations to the teacher at the end of the retreat.

SHAILA CATHERINE has been practicing meditation since 1980, with seven years of accumulated silent retreat experience. She has taught since 1996 in the USA, India, Israel, England, and New Zealand, and dedicated several years to studying with masters in India, Nepal and Thailand. In recent years Shaila has focused on developing deep concentration (jhana) as the basis for insight, completing a one-year jhana retreat at the Forest Refuge in USA, and a five-month retreat with PaAuk Sayadaw of Burma. She founded Insight Meditation South Bay, a Buddhist meditation center in Silicon Valley, and authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*, published by Wisdom Publications in 2008. Further information may be found at: www.imsb.org.