



The Dharma Zephyr Insight Meditation Community presents

Kamala Masters: Integrating Love and Wisdom in our Spiritual Practice

Sunday-Friday, August 23-28, 2015

Camp Galilee, Lake Tahoe, Nevada



The intention of this retreat is to strengthen our ability to maintain a continuous quality of awareness not only in retreat, but also so that it can extend into our daily lives in a seamless way. We will be exploring the Four Foundations of Mindfulness with more emphasis on awareness of the qualities of mind. The teachings of Sayadaw U Tejaniya on Mindfulness of Mind will be integrated, and one of his books will be offered to each retreatant to read during the retreat as a support for practice. We will explore how we can more clearly uncover the wisdom in our minds by strengthening the loving kindness in our hearts. Equanimity practice will be offered as a way of integrating the love and wisdom aspects of our practice.

Kamala Masters is one of the founders and teachers of the Vipassana Metta Foundation on Maui. She teaches retreats in the Theravada tradition at venues worldwide, including being a Guiding Teacher and member of the Board of Directors at the Insight Meditation Society at Barre, Massachusetts. Practicing since 1975, trained by Anagarika Munindra and Sayadaw U Pandita and continuing her practice with U Tejaniya, Kamala has a commitment to carrying and offering the purity of the teachings of the Buddha in a way that touches our common sense and compassion as human beings, and allows the natural inner growth of wisdom. She lives on Maui where she raised four children, and is now blessed with five grandchildren.

LOCATION:

**Galilee Episcopal Camp
and Conference Center,**

Glenbrook, Nevada

**on highway US 50 on the
east shore of Lake Tahoe.**



**For questions or more information,
please contact:**

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Cost: Registration fees are \$425 if registering before May 23, 2014. After May 23, the cost is \$455 (includes lodging and three meals daily). A minimum \$200 deposit is required to secure your spot. The remaining balance is due by August 16, 2015. A \$20 late fee is added if balance is received after August 16, 2015.

**In the spirit of the Buddha, the teachings are given freely,
there will be an opportunity to offer gratitude at the retreat.**

Additional information available at dharmazephyr.org.