



The Dharma Zephyr Insight Meditation Community presents



No Part Left Out

A Two-Day Retreat with

Amita Schmidt

Saturday, Sept. 17, 2016 11:00am - 6:00pm

Sunday, Sept. 18, 2016 9:30am - 4:30pm

Location: O2 Yoga, 1557 Zerolene Pl., Minden, NV

"I knew myself completely: no part left out." — From Nun Izumi Shikibu (974-1034)

Would you like to know yourself completely, no part left out? If so, this retreat will give you mindfulness of your internal mindstates, and how they influence your ability to be in the present moment. You will also learn how to find, and rest in, an awareness that is greater than all parts of you. Resting in this wholeness will give you more joy and ease in life. This weekend will be a unique combination of internal family theory and Insight/Vipassana meditation. You will be building skills, meditating, and learning about yourself. At the end of the weekend, you will be able to immediately use what you have learned on a day to day basis in your life

Part 1 Saturday: Mindful unblending from emotions. On Saturday you will learn some basics of working with your internal parts; including parts identification, mindful unblending, and lovingkindness from the inside-out. We will also begin practices to orient to your wholeness/awareness Self.

Part 2 Sunday: Resting in wholeness. Continuing from the practices learned on Saturday, you will develop the ability to orient to a bigger awareness/wholeness. You will also learn to rest in this wholeness, and embody it in a deep and lasting way.

Both days are open to beginners and experienced meditators.
Since each day's teaching is connected, if possible, please plan to attend both days.

Please bring a sack lunch both days. There will be a potluck dinner immediately following Saturday's session. Please bring something to share!

For questions or more information, please contact Karen Kvasnicka at (775) 267-2424

Amita Schmidt was a resident teacher at Insight Meditation Society (Barre, MA) for six years. She has been practicing Vipassana meditation for over three decades and teaching since 1993. She is the author of the book, *Dipa Ma: The Life and Legacy of a Buddhist Master* (BlueBridge, May 2005) and a contributor to *Buddha Laughing: A Tricycle Book of Cartoons*. She is currently a psychotherapist in Hawaii and works with healing depression, anxiety, and trauma. She integrates both the spiritual and psychological perspectives to help each person find wholeness and freedom. For more information on Amita, visit www.amitaschmidt.com.

Cost: The Buddha's teachings are considered priceless. We therefore offer these days freely, with donations (called "dana" in the Pali language) to the teacher and DZIMC accepted gratefully.

DZIMC is a Nevada not-for-profit corporation. For more information on DZIMC go to www.dharmazephyr.org