

June Meditation Retreat with  
**Shaila Catherine**

Saturday, June 23, 2018 • 10:00am-5:00pm

Sunday, June 24, 2018 • 9:00am-4:00pm

at Sierra Foot & Ankle/Ascent Physical Therapy  
2350 S. Carson St., #3 • Carson City, NV 89701



**Saturday: Relax, Let Go, Keep Trying!**

Balanced and skillful effort is a vital meditative skill. This daylong program will cultivate relaxation, letting go, and persistence as we learn a how gentle diligent effort supports the deepening of concentration and insight.

Pot Luck immediately following. Location to be announced.

**Sunday: What is Effort? Control, Letting Go, and Trust in Mindfulness Meditation**

What can you control? When must you surrender?

How do you perk up your enthusiasm when it slackens? What is the purpose of deep relaxation?

As we become increasingly aware of our perceptions, we refine our engagement with our experiences and learn to meet our life more and more clearly and wisely. We learn to adjust the balance of energy and ease with each life situation, both on and off the meditation cushion. This program will include sitting and walking meditation, mindfulness meditation instructions, and teachings that explore subtle aspects of Right Effort, control, letting go, motivation, and trust.

**BOTH DAYS ARE SUITABLE FOR EXPERIENCED AND BEGINNING MEDITATORS.**

Participants may join for either or both days. Please bring a sack lunch.

**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.

For more information: Contact Karen Kvasnicka at (775) 267-2424



**Shaila Catherine** is the founder of Bodhi Courses, an online Dhamma classroom ([www.bodhicourses.org](http://www.bodhicourses.org)), and Insight Meditation South Bay, a Buddhist meditation center in Silicon Valley in California ([www.imsb.org](http://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*. Shaila has practiced intensively under the direction of Venerable Pa-Auk Sayadaw from 2006-2015, absorbing a precise and rigorous approach to samādhi and vipassanā that continues to inform her teaching. She authored *Wisdom Wide and Deep: A Practical Handbook for Mastering Jhāna and Vipassanā* to help make this traditional approach to samādhi and vipassanā accessible to western practitioners.