



## Insight Meditation Community of Washington

### “Awakening the Heart of Love and Wisdom” A Women’s Retreat ♀

*with*  
**Arinna Weisman & Mushim Ikeda-Nash**

**8:00 pm Friday, August 20 – 1:00 pm Sunday, August 22, 2010**

***We have the special possibility this weekend as a women's community to support each other to awaken to love, wisdom and the other qualities of the heart that dissolve our suffering and confusion. By walking the Buddha's path together we give and receive the greatest of blessings: spiritual friendship.***

***There will be guided meditations in mindfulness and loving kindness, mindful movement, dharma talks and group discussion. There will be extended periods of silence. Open to beginners and those with more practice.***

**Location:** New Windsor Conference Center in New Windsor, MD  
(Approximately 90 minutes from downtown DC)  
Wheelchair-accessible

<b>Cost:</b>	<b>\$275.00 - Single room w/ private bath &amp; meals</b> <b>\$235.00 - Double room w/ private bath &amp; meals</b> <b>\$200.00 - Double room w/ shared bath &amp; meals</b>
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Scholarship assistance is available; please contact La Sarmiento at 202.997.1399 or [la\\_sarmiento@yahoo.com](mailto:la_sarmiento@yahoo.com) for more information.

**Dana:** Dana, or generosity, is intrinsic to the 2,500 year old tradition of Buddhism. Going back to the days of the Buddha, the teachings were considered priceless and thus offered freely. The teachers are not paid for leading retreats. Your support enables them to devote their lives to teaching. The manager also receives no payment for her work and receives dana to allow her to continue to manage retreats. The above cost covers room & board only. Dana offerings are tax-deductible.

#### **Teachers**

**Arinna Weisman** has studied insight meditation since 1979 and has been teaching since 1989. Her root teacher is Ruth Denison who was empowered by the great teacher U Bha Khin. She has also studied with Tsokney Rinpoche in the Dzogchen tradition. She is the founding teacher of Insight Meditation Center of the Pioneer Valley/Dhamma Dena. She is co-author of the book, [A Beginner's Guide to Insight Meditation](#) and contributor in [Women Practicing Buddhism: American Experiences](#) by Peter N. Gregory and Susanne Mrozik. She is passionate about building multicultural sanghas.

**Mushim (Patricia) Ikeda-Nash** teaches meditation retreats for people of color and social justice activists nationally, and is a Leadership Sangha member and core teacher at East Bay Meditation Center in Oakland, California. She is one of three subjects in the documentary film, *Acting on Faith: Women's New Religious Activism in America*, and author of "Daylighting the Feminine in American Buddhism," in *Innovative Buddhist Women: Swimming Against the Stream* (Curzon Press, 2000). Mushim has done both monastic and lay practice in North America and in Asia.

**CANCELLATION POLICY:** If you cancel more than four weeks before the start of the retreat, your deposit will be refunded minus a \$50 administrative fee. We cannot offer refunds for cancellations made less than four weeks before the retreat unless we are able to fill your space. If we are able to fill your space, the administrative fee will be \$100 and the balance will be refunded. There is no refund if you decide to leave the retreat early. You have the option to receive a refund check or to offer the balance of the registration fee as a tax-deductible donation to the IMCW Scholarship Fund. Please contact La Sarmiento at [la\\_sarmiento@yahoo.com](mailto:la_sarmiento@yahoo.com) or 202.997.1399 to cancel.

Room preference will be given on a first come, first served basis. Please sign up now, as this retreat will fill very quickly! For more information, contact La at 202.997.1399 or [la\\_sarmiento@yahoo.com](mailto:la_sarmiento@yahoo.com).

To register, please send this form and your \$100 deposit check (payable to IMCW) to:

La Sarmiento, 1840 Mintwood Place, NW #104, Washington, DC 20009

An e-mail and letter will be sent to confirm receipt of your deposit and registration.

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YES, I would like to attend the IMCW Women's Vipassana Weekend August 20 - 22, 2010!

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE \_\_\_\_\_

Room Preference:

\_\_\_ Single w/private bath (\$275) \_\_\_ Double w/private bath (\$235) \_\_\_\_\_ Double w/shared bath (\$200)

IMCW has a Scholarship Fund for persons who might otherwise not be able to attend the retreat. If you would like to make this tax-deductible contribution, please add the donation to your deposit check and indicate the amount you are offering below.

Donation to the Scholarship Fund (optional): \$ \_\_\_\_\_

Registration Deposit for Retreat: + \$ 100.00

TOTAL Enclosed (Check payable to IMCW) \$ \_\_\_\_\_

I can offer a ride from: \_\_\_\_\_ or I need a ride from: \_\_\_\_\_

*Please check all that apply:*

This is my first Vipassana Retreat.  I snore.  I have special needs. (Please describe in detail – e.g., dietary restrictions, sleep disorders, chemical sensitivities, assistive listening device, etc...)

*IMCW is working to make the Dharma accessible to all and to create more welcoming and inclusive sangha. If you would like to support this effort by helping us track our progress, please check all that apply below (this information is strictly confidential and will be used for survey purposes only):*

A person of color, and/or  Gay/Lesbian/Bisexual/Trans-gender/Questioning and/or  
 A household earning \$40k per year or less. \_\_\_\_\_ Age