

Awakening the Heart of Love and Wisdom

A Women's Retreat ♀

www.imcw.org

August 20-22

Arinna Weisman &
Mushim Ikeda-Nash

New Windsor
Conference Center
New Windsor, MD



*The Heart
of Buddhist
Meditation*

As a women's community we will support each other this weekend 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.

Teacher Bios:



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. Arinna 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 and is co-author of the book, [A Beginner's Guide to Insight Meditation](#). She is also a 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.



New Windsor Conference Center (<http://www.cob-net.org/nwcc/index.htm>):



Registration Form

Awakening the Heart of Love & Wisdom Residential Retreat ♀

August 2010

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

Space is limited; pre-registration required. To register, mail this form with your deposit (payable to IMCW) to:
La Sarmiento, 1840 Mintwood Place, NW, #104, Washington, DC 20009
An email and letter will be sent to confirm receipt of your deposit and registration.

Name(s) _____ Age _____

Street _____ City _____ State _____ Zip _____

Email(s) _____ Telephone(s) _____

Single room w/private bath & mails	\$ 275.00 x ___ persons	\$
Double room w/private bath & meals	\$ 235.00 x ___ persons	\$
Double room w/shared bath & meals	\$ 200.00 x ___ persons	\$
Donation to scholarship fund	(tax deductible)	\$
Deposit		- \$100.00
Total due		\$

Dana: In keeping with the Buddhist tradition, the teachers and retreat managers receive no payment. The above cost covers room & board only. Donations offered by students at the end of the retreat are appreciated and support the teachers and retreat manager in continuing to make the teachings available to all. Dana offerings are tax-deductible.

Scholarship Fund: Your generosity supports a scholarship fund for persons who might otherwise not be able to attend the retreat. If you would like to make a separate tax-deductible contribution, please add the donation to your deposit check and indicate the amount you are offering on the registration form. If you would like to apply for a scholarship, please contact La Sarmiento, Retreat Manager, 202.977.1399, la_sarmiento@yahoo.com for more information.

The registration form and deposit must be sent together. Emailed forms with checks sent separately will not be accepted. This retreat will fill rapidly; please register early. The wait list will give priority to the earliest postmarked complete registrations.

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 or 202.977.1399 to cancel.

Helpful information:

- I can offer a ride from _____.
- I need a ride from _____.
- I would like to carpool
- It is OK to share my email with participants in nearby zip codes.
- I will need an assistive listening device (FM system is available with loop or headphones)
- This is my first silent, Vipassana retreat.
- I snore.
- I have difficulty walking long distances
- I have difficulty climbing stairs.
- I have special needs (please describe in detail on back or on separate page – dietary restrictions, sleep disorders, chemical sensitivities, etc.)

If you can volunteer to arrive early and help with registration and set up or stay late to help clean up, please check this block: BEFORE ___ AFTER _____. A manager will call to confirm with you. Thank you very much.

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 Gay/Lesbian/Bisexual/Trans-gender/Questioning A household earning \$40k per year or less

