Strengthening Concentration

a non-residential Meditation Retreat with

Shaila Catherine

Saturday, March 3, 2012

9 a.m.-5 p.m. (registration begins at 8:30 a.m.)

Lussier Family Heritage Center, Madison, WI
Sponsored by Madison Vipassana, Inc.

We are pleased to announce that Shaila Catherine will return to Madison the weekend of March 3, 2012 to lead a one-day retreat in coordination with the release of her second book, *Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana* which was recently published by Wisdom Publications. Copies of her books will be available for purchase and signing. This day long retreat will use mindfulness with breathing techniques to develop concentration as a supportive condition for liberating insight. The practice settles restless thinking, focuses the mind, and overcomes distraction and common obstacles to concentration. With the support of guided meditations, dhamma teachings, and dialogs with the teacher, this day long program is suitable for both new and experienced practitioners.

Shaila Catherine has been practicing meditation since 1980, with more than eight years of accumulated silent retreat experience. She has taught since 1996 in the USA, and internationally. Shaila has dedicated several years to studying with masters in India, Nepal and Thailand, completed a one year intensive meditation retreat with the focus on concentration and jhana. Her first book was *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*. Since 2006, Shaila Catherine has been practicing under the guidance of Venerable Pa-Auk Sayadaw, and authored her recent book, *Wisdom Wide and Deep* to help make this traditional approach to meditative training accessible to western practitioners. She is the founder of Insight Meditation South Bay, a Buddhist meditation center in Silicon Valley (www.imsb.org). To learn more about Shaila or to read articles by her, or listen to her Dhamma talks, go to Insight Meditation South Bay.

Cost: $40 covers a catered vegetarian lunch, tea throughout the day, rental for the facility, and other retreat expenses. In keeping with Theravada Buddhist tradition, the teachings are offered for free; however, a donation (*dana*) to the teacher is encouraged.

Financial assistance is available through scholarships. For more information, contact Cindy at camccallum@sbcglobal.net or (608) 220-4015.

Special needs: To inquire about special situations, contact Julie at juliemeyer@tds.net or (608) 231-1558 (email preferred). Simple vegetarian meals will be provided. We are unable to accommodate special dietary needs. To request or to offer a ride to the retreat, contact Beth at bracette@gmail.com or (608) 239-9790.

Registration: You are encouraged to register early. Registrations will be on a space-available basis and must include a registration form (also available at www.vipassana.net) and a check to reserve your spot.

Confirmation will be provided by email and will include information on the facility, driving directions, and recommendations on what to bring. If the registration becomes full, you will be placed on a waiting list to be contacted if space becomes available. Those on the waiting list who do not get a spot will receive a full refund. For questions about registration, contact Julie at (608) 231-1558 or juliemeyer@tds.net.

Cancellation and refund policy: All cancellations are subject to a nonrefundable $20 fee. Cancellations received on or before February 15 will be refunded $20. Cancellations after February 15 will only receive a $20 refund if a person from the waiting list takes the spot.

To register: Send check for $40 payable to **Madison Vipassana, Inc.,** with the registration form below to:

Madison, Vipassana, Inc., c/o Julie Meyer
3914 Birch Ave.
Madison, WI 53711

REGISTRATION FORM: Shaila Catherine Retreat, Lussier Family Heritage Center, Madison, WI
Makes checks payable to: Madison Vipassana, Inc.

Circle your gender: M F Amount enclosed: _____

Name _____ Address _____

City _____ State _____ Zip _____ Phone: Day _____ Eve _____

Email _____ I enclose an additional $_____ to be used for scholarships.