

Focused & Fearless

Jhana as a Path to Insight A Ten-day Concentration Retreat



with Shaila Catherine

Thursday, October 21 – Sunday, October 31, 2010

Quaker Center Retreat Facility
1000 Hubbard Gulch Rd., Ben Lomond, CA 95005

The Retreat begins with registration from 3:30-4:00 pm Thursday, Oct 21, and ends at 3:00 pm Sunday, Oct 31. Partial attendance can be arranged for the first four days.

This retreat will explore how the clarity of a concentrated mind strengthens insight practice. We will introduce the traditional concentration practices that develop powerful focus and unify consciousness in the deep absorptions called jhana. Guided by instructions and individual meetings with the teachers, students can progress through a traditional sequence of training as is appropriate to each one's needs. This silent retreat is structured with alternating periods of sitting and walking meditation, Dhamma teachings, and teacher consultations. Experience with previous silent retreats is required.

REGISTRATION: Download the application form from www.imsb.org, enclose a non-refundable deposit of \$250 (payable to *Bodhi-Retreats*) and mail to:
Janet Taylor
4230 Gladys Ave
Santa Cruz, CA 95026
Contact: retreats@imsb.org

COST: \$1200 registration fees cover comfortable double occupancy accommodations, two delicious meals each day (breakfast and lunch), and a light snack in the evening. For a fee of \$500, partial attendance may be possible from Thursday to Sunday, Oct. 21-24.

DANA: Compensation for the teachers is not included in the registration price. There will be an opportunity to offer dana/donations to the teachers at the end of the retreat.

SHAILA CATHERINE has been practicing meditation since 1980, with seven years of accumulated silent retreat experience. She has taught since 1996 in the USA, India, Israel, England, and New Zealand. Shaila dedicated several years to studying with masters in India, Nepal and Thailand. In recent years Shaila has focused on developing deep concentration (jhana) as the basis for insight, completing a one year retreat based on jhana at the Forest Refuge in USA, and five months retreat with PaAuk Sayadaw of Burma. She founded Insight Meditation South Bay, A Buddhist Meditation Center in Silicon Valley, and authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*, published by Wisdom Publications 2008.

Co-Sponsored by **Bodhi-Retreats and Insight Meditation South Bay**
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