

A Week-long Retreat with Shaila Catherine *Awakening with Insight*

May 6-13, 2017

We are very pleased to announce that Shaila Catherine, as a guest of Still Mountain Meditation Center, will be leading a second meditation retreat in Michigan, this coming May 6-13, 2017.

This silent meditation retreat will emphasize a balance of mindfulness, concentration, calmness, and investigation. Instructions will encourage mindfulness of breath, body, and mind to enhance the potential for liberating insight. By cultivating a calm, balanced awareness, we can dissolve any suffering that may entangle our hearts and discover our freedom in the midst of things.



Shaila Catherine is the founder of Insight Meditation South Bay, a Buddhist meditation center in Silicon Valley in California (imsb.org). She has been practicing meditation since 1980 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. Shaila has authored 2 books; *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity* and *Wisdom Wide and Deep: A Practical Handbook for Mastering Jhāna and Vipassanā*.

The Retreat

This retreat will be held at Colombiere Retreat Center in Clarkston, Michigan. The retreat will run from 6pm Saturday May 6th to 12 noon on Sunday May 13th. The cost of this 7 day retreat will be between \$530 and \$600 depending on your lodging choice. That does not include Dana for Shaila Catherine. For those who find the cost a barrier to attending, the Still Mountain Sangha is providing funds (discount) to make this retreat more accessible. There is a fee for cancelling a reservation after February 4th 2017. The details are on the Web page <http://stillmountainmeditation.org/retreats-and-external-offerings.html> and in the registration form. Please read the policy and ask questions if you find the policy unclear. You can contact us regarding this retreat at register@stillmountainmeditation.org.

To Registration go to or Click the link below

<http://stillmountainmeditation.org/registration.html>