



***Arinna Weisman***

**One-Day Retreat**

**Saturday, September 17, 9:00 am - 4:00 pm**

**Silent Meditation & Dharma Talk**

**Tuesday, September 20, 6:30 - 8:30 pm**

**Mountain Cloud Zen Center, Santa Fe**

*Santa Fe Vipassana Sangha* is happy to welcome Arinna Weisman for a one-day retreat and dharma talk. Arinna will discuss the subject of fear (among other things): how we react to it, how it affects our lives, and how we can learn to deal more skillfully with this often difficult and seemingly ubiquitous emotion. Fear is complicated and often misunderstood; much of our suffering as individuals and as a society is caused by fear.

Join us at Mountain Cloud for the opportunity to attend a daylong retreat with Arinna on Saturday, September 17, from 9:00 am until 4:00 pm. Please bring your lunch to the retreat. Arinna will also give a dharma talk on Tuesday, September 20, from 6:30 until 8:30 pm. Contact Teri Hackler at [terihack@earthlink.net](mailto:terihack@earthlink.net) or 982-0304 for more information.

*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 Thich Nhat Hanh in the Zen tradition, Punjabi in the Advaita tradition and Tsokney Rinpoche in the Dzogchen tradition. She is the founding teacher of Dhamma Dena Meditation Center (now Insight Meditation Center of the Pioneer Valley/Dhamma Dena). She is co-author of the book, *A Beginner's Guide to Insight Meditation*. She teaches throughout the U.S. and Europe.