

NEW SPIRIT ROCK MULTI-RETREAT PROGRAM

APR 2017 - APR 2019

Dedicated Practitioners Program (DPP6)

SALLY ARMSTRONG, TEMPEL SMITH, RUTH KING, BONNIE DURAN,
and other teachers

2-year study and practice program

Become a part of a community that will challenge, broaden and vitalize your understanding and embodiment of central Buddhist teachings and mindfulness. The Dedicated Practitioners Program is an innovative program for serious practitioners of Insight Meditation to deepen understanding of the Dharma, strengthen practice and integrate compassion and wisdom into our day-to-day lives.

Through this program, we will study Buddhist suttas and use the Dharma, our meditation practice and our sangha to understand the ways suffering and freedom are created in our hearts, our lives, our communities and the world. Integral to this program is an exploration of the gross and subtle manifestations of social suffering evidenced through innocence and ignorance and its impact on personal and collective well-being and liberation. Our intention is to create a diverse and vibrant community of practitioners who support each other in waking up and in bringing more wisdom and compassion into the world.

This program, designed as an intensive lay practice period, offers a comprehensive curriculum on the Buddha's teachings over two years. In addition to five 7-day training retreats, participants commit to maintaining meditative practice, monthly coursework, monthly group meetings and contact with a mentoring teacher. Students who have participated in the past five programs have found that DPP has had a profound impact on their meditation practice, providing a focus and inspiration for deepening their understanding of Buddhism and bringing the Dharma alive in new and unexpected ways. The three retreats are on the following dates:

April 9 - 16, 2017	Presentation Center, Los Gatos, CA
November 9 - 16, 2017	Spirit Rock Meditation Center, Woodacre, CA
April 21 - 28, 2018	Presentation Center, Los Gatos, CA
November 2018	Spirit Rock Meditation Center, Woodacre, CA
April 2019	Retreat center in California (not Spirit Rock)

The Program fee includes five retreats and is based on a sliding scale. Time payment arrangements and limited scholarship support are available. Fees are: \$13,000 Supporter Rate, includes a guaranteed single room; \$11,600 - \$7,400 standard sliding scale; \$7,400 - \$3,000 scholarship sliding scale. **Applications can be downloaded online and are accepted June 15 - Sept 15, 2016. For more info, please visit spiritrock.org/DPP.**



Spirit Rock is dedicated to the teachings of the Buddha as presented in the Theravada Vipassana tradition. The practice of mindful awareness, called Insight (Vipassana) Meditation, is at the heart of all our activities. We offer a full program of classes, daylong and residential retreats.

SPIRIT ROCK - AN INSIGHT MEDITATION CENTER, 5000 Sir Francis Drake Blvd., Woodacre, CA | www.spiritrock.org | (415)488-0164 x 234

In consideration of others, please do not wear any scented products, including natural or essential oils.



Sally Armstrong began practicing Vipassana in 1981 and is a co-guiding teacher at Spirit Rock. She has led the Dedicated Practitioners Program

for 12 years and has a keen interest in supporting students who want to deepen their practice. She regularly teaches the long retreats at Spirit Rock and IMS.



Tempel Smith teaches Mindfulness, Insight and metta meditation with an emphasis on Buddhist psychology and mind-body awareness. He spent a year

as a monk in Burma with Sayadaw U Pandita and Pa Auk Sayadaw. He organizes the Dedicated Practitioner Program and Living Dharma retreats for Spirit Rock and teaches classes in the East Bay.



Ruth King has practiced Vipassana since 1992. Mentored by Jack Kornfield and influenced by the non-dual teachings of Tibetan Buddhism, Ruth teaches at

insight communities nationwide and the UK. She is a guiding teacher at Insight Meditation Community of Washington, DC, and is a core teacher in Spirit Rock Meditation Center's Dedicated Practitioners Program.



Bonnie Duran has been practicing Mindfulness Meditation since 1982. She is one of founders of The People of Color Sangha in Albuquerque,

NM, and Seattle, WA, and is a graduate of the Community Dharma Leader 3 training program at Spirit Rock. She is a contributor to Hilda Gutiérrez Baldoquin's book, *Dharma, Color and Culture: New Voices in Western Buddhism*.