

# FORGIVENESS

a daylong retreat

with Arinna Weisman

Saturday October 11, 2008  
9:30 a.m. to 4:00 p.m.

Edwards Hall of St Timothy's Church  
2094 Grant Road, Mountain View, 94040



**F**orgiveness is not about condoning or ignoring unskillful actions or speech but re-awakening our capacity as communities and individuals to reside in understanding and love. We will explore the obstacles to unburdening our hearts of defensiveness, blame and judgement and the path of return to metta (friendship).

This day will include guided meditations, movement, and dharma talk and dialogue.

Bring a bag lunch.

Chairs are provided and the floor is carpeted.

Bring your own sitting cushion if you prefer to meditate sitting on the floor.

FOR INFORMATION: Contact Meryl at 831-588-0559  
[meditate@imsb.org](mailto:meditate@imsb.org)

Check the website for up-to-date themes and details.

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 and Punjaji in the Advaita tradition. She is the founding teacher of Dhamma Dena Meditation Center (now Insight Meditation Center of the Pioneer Valley/Dhamma Dena) and is co-author of the book, *A Beginner's Guide to Insight Meditation*. She has spent the last two years living in different monasteries exploring ordination. See [www.arinnaweisman.org](http://www.arinnaweisman.org) for more information.

DANA: Donations are gratefully accepted to support the teachers and organizational expenses.

[www.imsb.org](http://www.imsb.org)

Presented by **Insight Meditation South Bay**