



# Seeing Clearly the Path to Peace

Two Days of Dharma with Residents of Aloka Vihara Forest Monastery

Sat.-Sun., September 14-15, 2019  
9:00am - 4:30pm

Sierra Foot and Ankle/Ascent Physical Therapy  
2350 S. Carson St., Carson City, Nevada 89701

The Buddha spoke of four distortions of perception that keep us from finding our way to a more happy and peaceful life. He called them 'distortions' because we often perceive things mistakenly, all the while thinking we are seeing them correctly. During these two days, we will investigate this process and cultivate more beneficial and realistic ways of seeing.

Participants are highly encouraged to attend both days of the retreat. This retreat is suitable for both beginners and experienced meditators. Please bring a sack lunch. An informal tea will be held immediately following the retreat on Saturday, providing an opportunity to visit with Ayya Santacitta and Venerable Dhammadipa.

## TEACHERS



**Ayya Santacitta** has practiced meditation for 30 years and trained as a nun in both the East and West since 1993, primarily in the Theravada Forest Tradition. She is co-founder of **Aloka Vihara Forest Monastery** and received Bhikkhuni Ordination in 2011.



**Venerable Dhammadipa** has been a resident of **Aloka Vihara Forest Monastery** since 2017. She went forth as a Theravada samaneri in 2018. A Dharma Heir in the Shunryu Suzuki lineage of Soto Zen, she was ordained a Zen nun in 2007, after 20 years of lay practice. Ven. Dhammadipa is also an inter-faith hospice chaplain and a mother.

**Cost:** There is no charge to attend the retreat. Participants will have an opportunity to offer dana to both Aloka Vihara and Dharma Zephyr.

An RSVP email to Susan Antipa is helpful for planning purposes but is not required: [susana@dharmazephyr.org](mailto:susana@dharmazephyr.org), or by phone 775-841-4846

