

## 2011 RETREAT SCHEDULE for Kamala Masters & Steve Armstrong [Print-Friendly](#)

Date	Location	Teacher	Event
2-Jan	Maui, Hawaii	SA, KM	New Year's daylong
January 7-9	Vancouver, BC	SA	Non-res weekend
7-Jan	Seattle, WA	KM	Public talk
January 8-9	Seattle, WA	KM	Non-res weekend
24-Feb	Sacramento, CA	SA	PM sit
25-Feb	Sacramento, CA	SA	AM Leadership Team training
26-Feb	Sacramento, CA	SA	Day-long
4-Mar	Seattle, WA	SA	Public talk
March 5-6	Seattle, WA	SA	Non-res weekend
March 18-25	Castle Rock, WA	SA	<i>"Progress of Liberating Insight Knowledge"</i> w/ Hla Myint
April 8-17	Barre, MA	SA	<i>"Awareness: Pure and Simple"</i> w/ Carol Wilson
April 22-24	Minneapolis, MN	SA	<i>"Cultivating 7 Factors of Mind for Liberation"</i>
April 25-May 4	Woodacre, CA	SA	Concentration Retreat w/ Sally, Phillip Moffit and Adrienne Ross
June 10-19	Annandale, MN	SA, KM	<i>"Awareness and Wisdom"</i>
19-Jun	Minneapolis, MN	SA, KM	Public talk
June 24-July 3	Castle Rock, WA	SA, KM	<i>"Awareness and Wisdom"</i>
July 15-22	Woodacre, CA	KM	Metta w/ Sally, Guy, James
July 22-31	Woodacre, CA	SA, KM	<i>"Awareness and Wisdom"</i> w/ Guy & Sally Armstrong
August 5-14	Barre, MA	SA, KM	<i>"The Art of Equanimity"</i> w/ Deborah Ratner-Helzer
Sept 30 - Oct 7	Castle Rock, WA	SA, KM	TBD
October 9-16	Woodacre, CA	SA, KM	<i>"Field Guide to the Mind: Abhidhamma for Meditators"</i> w/ Hla Myint
October 21-28	Durango, CO	SA, KM	<i>"Awareness and Wisdom"</i>

Sponsor	Phone	Web / Email
Vipassana Metta Foundation	(808) 573-3450	<a href="http://www.vipassanametta.org">www.vipassanametta.org</a> <a href="mailto:meditate@maui.net">meditate@maui.net</a>
West Coast Dharma Society	(604) 731-5469	<a href="mailto:info@westcoastdharma.org">info@westcoastdharma.org</a>
Seattle Insight Meditation Society	(206) 366-2111	<a href="http://www.seattleinsight.org">www.seattleinsight.org</a>
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Sacramento Insight Meditation		<a href="mailto:sactoinsightrequests@earthlink.net">sactoinsightrequests@earthlink.net</a> <a href="http://www.sactoinsight.com">www.sactoinsight.com</a>
Sacramento Insight Meditation		<a href="mailto:sactoinsightrequests@earthlink.net">sactoinsightrequests@earthlink.net</a> <a href="http://www.sactoinsight.com">www.sactoinsight.com</a>
Sacramento Insight Meditation		<a href="mailto:sactoinsightrequests@earthlink.net">sactoinsightrequests@earthlink.net</a>
Seattle Insight Meditation Society	(206) 366-2111	<a href="http://www.seattleinsight.org">www.seattleinsight.org</a>
Seattle Insight Meditation Society	(206) 366-2111	<a href="http://www.seattleinsight.org">www.seattleinsight.org</a>
Cloud Mountain Retreat Center	(360) 274-4859	<a href="http://www.cloudmountain.org">www.cloudmountain.org</a> <a href="mailto:info@cloudmountain.org">info@cloudmountain.org</a>
Insight Meditation Society	1-888-465-9118	<a href="http://www.dharma.org">www.dharma.org</a>
Common Ground Meditation Center	(978) 355-4378	<a href="http://www.commongroundmeditation.org">www.commongroundmeditation.org</a> <a href="mailto:info@commongroundmeditation.org">info@commongroundmeditation.org</a>
Spirit Rock Meditation Center	(415) 488-0164	<a href="http://www.spiritrock.org">www.spiritrock.org</a>
Twin Cities Vipassana Co-op	(651) 229-3139	<a href="http://www.wordimage.com/tcvc.htm">www.wordimage.com/tcvc.htm</a> <a href="http://www.commongroundmeditation.org">www.commongroundmeditation.org</a> <a href="mailto:info@commongroundmeditation.org">info@commongroundmeditation.org</a>
Common Ground Meditation Center	(360) 274-4859	<a href="http://www.cloudmountain.org">www.cloudmountain.org</a> <a href="mailto:info@cloudmountain.org">info@cloudmountain.org</a>
Cloud Mountain Retreat Center	1-888-465-9118	<a href="http://www.spiritrock.org">www.spiritrock.org</a>
Spirit Rock Meditation Center	(415) 488-0164	<a href="http://www.spiritrock.org">www.spiritrock.org</a>
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Spirit Rock Meditation Center	(415) 488-0164	<a href="http://www.spiritrock.org">www.spiritrock.org</a> <a href="mailto:kate_errett@hotmail.com">kate_errett@hotmail.com</a> <a href="mailto:kate_errett@hotmail.com">kate_errett@hotmail.com</a>
Durango Dharma Center		<a href="mailto:kate_errett@hotmail.com">kate_errett@hotmail.com</a> (c/o Kate Errett)