



***The Insight Meditation Community of Washington***

presents

***“Radical Acceptance:  
Buddhist Meditations that Heal and Awaken the Heart”***

***A Daylong for the  
People of Color and LGBTQ Communities***



**With Tara Brach**

**Saturday, August 7, 2010 from 10:00 am – 5:00 pm**

**Cost: \$35 (sliding scale available upon request)**

**Donations offered at the end of the event will be donated to the IMCW Diversity Fund.**

***The Festival Center  
1640 Columbia Road NW  
Washington, DC 20009  
Near Columbia Heights Metro on Green Line  
(Wheelchair accessible)***

**One of the deepest forms of suffering in our culture is the pain that comes with the feeling that something is wrong with us. When not faced, this deep insecurity engenders chronic judgment, depression, and addictive behaviors. It prevents us from living and loving fully and gives rise to the intolerance and violence that plague our world today. “Radical acceptance” and Buddhist meditation helps us clearly perceive and lovingly accept what is happening in the present moment. During this workshop, we cultivate the qualities of mindfulness and compassion through Buddhist meditation, guided exercises, and discussion.**

***Tara Brach, Ph.D., has practiced and taught meditation since 1975 and is the founder of IMCW. Tara is a clinical psychologist, teaches meditation classes locally, and leads workshops, trainings and retreats at centers around the country. She is a co-founder of the Washington Buddhist Peace Fellowship. Tara is the author of Radical Acceptance – Embracing Your Life with the Heart of a Buddha. [www.tarabrach.com](http://www.tarabrach.com)***

Tara is offering this daylong on a donation basis to support the IMCW Diversity Fund. The registration fee only covers event expenses and supports IMCW in continuing to make such events possible. Donations of any amount offered at the end of the retreat are greatly appreciated.

IMCW is committed to making these workshops accessible independent of class or economic status. Sliding scale fees are available upon request. For more information, please contact La Sarmiento at [la\\_sarmiento@yahoo.com](mailto:la_sarmiento@yahoo.com) or 202.997.1399.

*This workshop will fill quickly; act now to reserve your space!  
Please pre-register by Monday, August 2nd!*

✂

*“Yes, I would like to attend Tara’s “Radical Acceptance” Daylong for POC & LGBTQ!”*

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL: \_\_\_\_\_ TELEPHONE \_\_\_\_\_

*If you would like to offer a donation to a participant who may not be able to afford to attend this event, please do so below.*

Registration Fee (\$35 or approved sliding scale fee payable to IMCW): \$ \_\_\_\_\_

Support another participant (optional): \$ \_\_\_\_\_

TOTAL Enclosed (Check payable to IMCW): \$ \_\_\_\_\_

I can offer a ride from: \_\_\_\_\_ or I need a ride from: \_\_\_\_\_

IMCW is working to make the Dharma accessible to all and to create a more welcoming and inclusive sangha. If you would like to support this effort by helping us track our progress, please check all that apply below. This information is strictly confidential, and will be used for survey purposes only:

- A person of color, and/or
- Gay/Lesbian/Bisexual/Trans-gender/Questioning and/or
- A household earning \$40k or less per year
- Age

*Please send this form and your check (payable to IMCW) to:*

La Sarmiento  
1840 Mintwood Place, NW #104  
Washington, DC 20009

*An e-mail will be sent to confirm your registration.*