

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

*A Daylong for People of Color and LGBTQ Communities*

*with*

## **Tara Brach**



**Saturday, August 7  
10 a.m.-5 p.m.**

The Festival Center  
1640 Columbia Road, NW  
Washington, DC 20009  
(Columbia Heights Metro/Green Line)

One of the deepest forms of suffering in our culture is the pain that comes with the feeling that something is wrong with us. “Radical acceptance” and Buddhist meditation helps us clearly perceive and lovingly accept what is happening in the present moment.

*Space is limited; pre-registration is required. Wheelchair accessible.*

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**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)



Insight Meditation Community of Washington

202-966-2922

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

[meditate@imcw.org](mailto:meditate@imcw.org)

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.

Bring a bag lunch and, if you want to sit on the floor, a blanket and cushions (chairs available).

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!*

## Registration Form

Pre-registration required.  
To register, mail the form below with your check (payable to IMCW) to:

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

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### *Radical Acceptance for POC & LGBTQ* August 7, 2010

Name(s) of all who are registering: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email(s): \_\_\_\_\_ Telephone(s): \_\_\_\_\_

#### Registration Fees:

Fee	___ persons x \$35	\$
Donation to scholarship fund		\$
Total		\$

For more information about the retreat or applying for a scholarship, please contact the class manager, La Sarmiento, [la\\_sarmiento@yahoo.com](mailto:la_sarmiento@yahoo.com), 202.997.1399.

I can offer a ride from \_\_\_\_\_.

I need a ride from \_\_\_\_\_.

I would like to carpool \_\_\_ Yes \_\_\_ No

It is OK to share my email with participants in nearby zip codes: \_\_\_ Yes \_\_\_ No

I will need an assistive listening device (FM system is available with loop or headphones) \_\_\_\_\_

(For other disability-related accommodations, please email La with your request at least three weeks before the event.)

