



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

presents

## ***“Transcending Our Internalized Notions”***



Photo

### ***A Workshop with Cheri Maples***

#### ***For People of Color, LGBTQ, and Allies\****

***(\*Allies: Those who do not define as being members of the targeted communities yet are strongly committed to the end of race, sexuality and gender oppression)***

**Saturday, April 17, 2010 from 10:00 am – 5:00 pm**

**Cost: \$35 (teacher donation separate / sliding scale available upon request)**

***The Festival Center  
1640 Columbia Road NW  
Washington, DC 20009***

***Near Columbia Heights Metro on Green Line  
(Wheelchair accessible)***

This daylong will be a creative blending of a day of mindfulness and a workshop in which we will explore Buddhist paradoxes within the context of our membership in minority cultures. How do privilege and power relate to concepts such as no-self and the worldly dhammas of praise and blame, gain and loss, pleasure and pain, and fame and disrepute? We will explore further how to keep our energies flowing toward rather than against one another while living, working, and practicing in challenging environments.

Cheri Maples was ordained as a Dharma Teacher by Zen master & peace activist, Thich Nhat Hanh. She is also a private consultant and trainer. Cheri worked in the criminal justice profession for 25 years as a police officer, the Head of Probation & Parole, and an Assistant Attorney General in Wisconsin. She also has extensive experience as a community organizer and a social justice advocate. She has incorporated all these experiences into her understanding and teaching of the Dharma and her practice of engaged Buddhism.

For more information on Cheri, see [www.mindfulnessandjustice.org](http://www.mindfulnessandjustice.org).

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

Cheri is offering this daylong on a donation basis. 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 support Cheri's teaching and 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, April 12th!*

✂

*"Yes, I would like to Cheri's "Transcending Our Internalized Notions" Workshop!"*

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.*