

**SLC Insight Meditation Community is hosting Bhante Sukhacitto  
for three days in October.**

**Registrant Information**

Email address\* \_\_\_\_\_

Name\* \_\_\_\_\_

Phone Number\* \_\_\_\_\_

**Emergency Contact**

Emergency Contact Name\* \_\_\_\_\_

Emergency Contact Phone Number\* \_\_\_\_\_

**Describe your mediation practice**

- New to meditation and am curious about it
- I have been meditating for a short while (6 months to a year).
- I have an established practice (1 - 3 years).
- I have been practicing meditation and studying the Buddha's teachings.
- I have some experience with Insight Dialogue

**Is there anything you would like Bhante Sukhacitto to know?**

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**Medical**

Do you have any medical issues, physical limitations (e.g. hearing loss), or psychological stresses currently in your life that could make the practice challenging? Please specify, especially if you might require assistance. This information will be shared only with those involved in registration and our teacher.

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**Event Information**

**Thursday, October 25, 6:30-8:30 pm:** - Insight Dialogue introduction and practice at Zion Evangelical Lutheran Church, 1070 S Foothill Dr, Salt Lake City, UT 84108

**No need to register and is open to all**

**Saturday, October 27, 9 am - 6 pm:** - Day-long Insight Dialogue practice at Zion Evangelical Lutheran Church, 1070 S Foothill Dr, Salt Lake City, UT 84108 (downstairs). In this day-long opportunity, we will experience the six guidelines of Insight Dialogue and practice in dyads and small groups. Please bring a sack lunch for a meditative meal in silence.

**Yes / No**

**Sunday, October 28, 10 am - 5 pm:** - Dharma Contemplation

(3137 S 3360 E, SLC – the home of Deb and Diane where animals also live).

A simple, contemplative practice that enables us to enter into the Buddha's teachings

**Yes / No**

**\*\*\* There are a limited number of spots for Sunday, October 28 in depth practice. Please bring a light snack for a mid-day meditative meal. Those attending will also be invited to participate in a potluck meal following the close of practice.**

**Confirmation**

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740-541-2147

OR [SLCInsight.org](http://SLCInsight.org)