

Awakening Joy

Meditation workshop/retreat with James Baraz

This Nonresidential Meditation Workshop / Retreat is for beginning and experienced meditators. Based on teachings from James Baraz' newly released book, *Awakening Joy*, this weekend event will consist of Dharma talks, sitting and walking meditations, experiential exercises, and Q&A's.

Joy is both a Factor of Enlightenment and one of the four Divine Abodes. Today, as we are bombarded with messages that heighten our fear and sadness about the world, more than ever it is vital to understand the importance of joy as a central aspect of spiritual practice. True happiness is not about acquiring anything but rather opening to the natural joy and aliveness right inside you.

James Baraz is a founding teacher of Spirit Rock Meditation Center, where, in addition to leading retreats, he founded the Community Dharma Leader Program, and is the teacher-adviser to the Spirit Rock Family and Teen Program and the Kalyana Mitta (Spiritual Friends) Network. He is also on the International Advisory Board of the Buddhist Peace Fellowship.

James is co-author of the newly released book *Awakening Joy*, and he leads meditation retreats internationally.

Dana (generosity) From the days of the Buddha, the teachings have been considered priceless and thus offered freely. Today, teacher support continues to come from students' voluntary contributions (dana).

Register by mail or with credit card online at <http://www.westcoastdharma.org/nonresidential.htm>.

Partial registration is only available for Friday night (\$10) as space permits.

Cancellations Retreat fees will be refunded (less \$10) for cancellations on or before May 28th. Retreat fees will NOT be refunded after May 28th.

Date and Location

June 4, Friday, 7:15 pm - 9:00 pm
June 5, Saturday, 9:00 am - 5:00 pm
June 6, Sunday, 9:00 am - 4:00 pm

Asian Centre
UBC Campus
1871 West Mall

Cost

\$75 (plus dana). Late registration (received or postmarked after May 21st) is \$85.

Fees cover retreat organizing costs. Voluntary donations (dana) for the teachings may be given at the retreat. The retreat is free for meditators 18 and younger. For reduced-fee information, call 604.731.5469. No one is turned away for lack of funds.

Information

Call 604.731.5469
Visit www.westcoastdharma.org
Email info@westcoastdharma.org

To register for the June 4 - 6 Workshop Retreat with James Baraz: mail or deliver this form with full registration, \$75, or late registration fee, \$85 (received or postmarked after May 21st^h) payable to: Westcoast Dharma Society, #2 - 2224 Larch Street, Vancouver, BC, V6K 3P7

Name _____ Tel (home) _____
Address _____ Tel (work) _____
City _____ Postal Code _____
E-Mail _____ (please PRINT mindfully)

This is my first Vipassana Meditation retreat.

I would be willing to help with the retreat (e.g. by helping to set up and restore the hall, by making tea, by making the teacher's lunch, by providing or purchasing flowers, etc.).

Yes ___ No ___

Yes ___ No ___

My preference would be to help by _____

Assumption of Risk and Release. Please read carefully before signing.

I assume all risk of damage or injury that may occur to me while practicing meditation at the Westcoast Dharma Society meditation retreat and while moving about the facility at which the retreat is held. In consideration of being accepted as a retreatant for this meditation retreat, I release and discharge Westcoast Dharma Society, and its agents, from all claims resulting from my participation in the meditation retreat.

I have read and understand this assumption of risk and release on _____
(date) (signature)