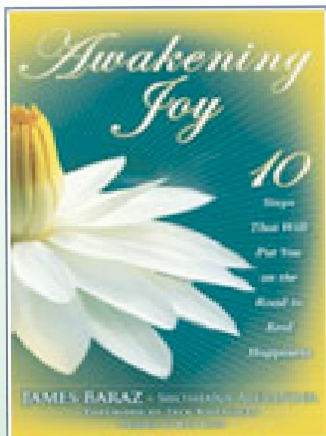


Meditation Workshop Retreat

June 4 - 6, 2010 UBC Campus



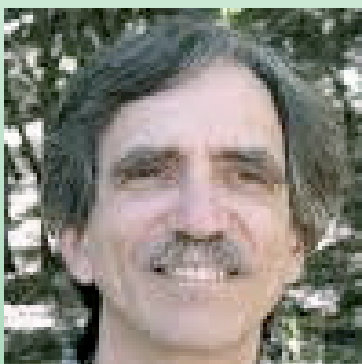
Awakening Joy



In Buddhism, 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.

This meditation retreat workshop is based on teachings from the newly released book

Awakening Joy. The retreat will consist of Dharma talks, sitting and walking meditations, and Q&A's. It is suitable for beginning and experienced meditators.



James Baraz has been teaching meditation since 1978. James 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.

James leads meditation retreats nationally and internationally, and is on the International Advisory Board of the Buddhist Peace Fellowship. He is co-author of *Awakening Joy*.

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

Register by mail or with credit card online at www.westcoastdharma.org/retreats/nonresidential.htm
Partial registration is only available for Friday night (\$10).

Asian Centre, UBC, 1871 West Mall

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

Cost \$75 (plus dana). Late registration (after May 21st) is \$85. Reduced fee registration is available, such that no one is turned away for lack of funds.

Fees cover retreat organizing costs. Voluntary donations (dana) for the teachings may be given at the retreat.

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



"Happiness is not for the lucky few — it's a choice anyone can make."