

# Meditation Retreat

April 13 - 15, 2012 UBC Campus

## Vipassana Meditation

**Vipassana meditation** (Insight or Mindfulness practice) is the moment-to-moment investigation of the mind / body process through calm and focused awareness. As insight deepens, wisdom and compassion arise. **This nonresidential silent retreat** is for beginning and experienced meditators. Meditation instruction is provided. Sitting and walking meditation sessions are alternated.



**Michele McDonald** is a founder of Vipassana Hawaii. She has 28 years experience teaching meditation worldwide, including Burma. She is particularly drawn to the teachings on liberation - the very real possibility of freedom from greed, hatred and delusion in this life.



**Steven Smith** is a founder of Vipassana Hawaii, the Kyaswa Retreat Center and the MettaDana health/education project in Burma. He brings the traditional teachings to contemporary life drawing on 26 years of teaching experience.

**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](http://www.westcoastdharma.org/retreats/nonresidential.htm)  
Partial registration is only available for Friday night (\$10).

**Cancellations.** Retreat fees will be refunded (less \$10) for cancellations on or before April 6th. Retreat fees will NOT be refunded after April 6th.



Asian Centre, UBC, 1871 West Mall

April 13, Friday, 7:15 pm - 9:00 pm  
April 14, Saturday, 9:00 am - 5:00 pm  
April 15, Sunday, 9:00 am - 4:00 pm

Cost \$75 (plus dana). Late registration (after March 30th) is \$85.

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](http://www.westcoastdharma.org)  
Email [info@westcoastdharma.org](mailto:info@westcoastdharma.org)



"Ehi passiko" - Come and see.