

# Meditation Retreat

May 1 to 6, 2018

Whistler, BC

## Organized Self-Retreat for Experienced Meditators

(with teacher support from Linda McDonald)

This organized self-retreat is suitable for anyone who has an established meditation practice and previous experience attending residential retreats. Teacher support will be limited to optional individual practice meetings.

**Linda McDonald** is a registered clinical counsellor and the Executive Director of the Westcoast Dharma Society. She has completed the Insight Meditation Society teacher training program and has been teaching meditation since 2001.

**Setting** The Sea to Sky Retreat Centre (SSRC) is located just south of Whistler, BC on a secluded 40 acre site of extraordinary natural beauty in British Columbia's coastal mountain range.

**Single Room Occupancy** The retreat will be limited in size so early registrants can have a single room.

**Format** The retreat will be held in silence until the closing sangha circle on the final morning. Sitting in the hall will be time regulated to half hour intervals to maintain an organized container for practice. Use of electronic devices (smart phones, ipads etc.) with pre-loaded Dharma talks and/or instructions to support your practice will be welcome. The meditation hall will be for silent sitting practice; yoga and movement practices will be possible in one's room; audible chanting will be possible along the hiking trails. The retreat manager will be available for logistical concerns. The retreat support teacher will be available for meditation practice support. Meals will be vegetarian. Participants will have a daily "yogi job" of a half hour of service to contribute to the smooth running of the retreat.

**Register** by mail and cheque to Westcoast Dharma Society, #310 - 2655 Cranberry Drive, Vancouver, BC V6K 4V5. Retreat information and registration form are at [www.westcoastdharma.org/retreats/index.htm](http://www.westcoastdharma.org/retreats/index.htm). E-transfer of funds is also a payment option.



Sea to Sky Retreat Centre,  
Daisy Lake, Whistler, BC

Tuesday, 5:30 pm, May 1, 2018, to  
Sunday, 12:00 pm, May 6, 2018

Cost \$525 Canadian or \$425 US funds (plus dana). Fees cover retreat organizing costs, including room and board. Voluntary donations (dana) for teaching and retreat support may be offered at the retreat.

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

