

# VIPASSANA RETREAT

with Michele McDonald & Steven Smith

**Vipassana meditation** (Insight or Mindfulness practice) is the moment-to-moment investigation of the mind / body process through calm and focused awareness. Seeing life as a constantly changing process, one begins to accept pleasure, pain, fear, joy, and all aspects of life with increasing equanimity and balance. As insight deepens, wisdom and compassion arise.

**This nonresidential retreat** is suitable for beginning and experienced meditators. There will be systematic instructions in both sitting and walking meditation, Dharma talks and opportunities for discussions with the teachers.

**Michele McDonald** has been teaching worldwide since 1982. She is a co-founder of Vipassana Hawaii and the Metta Dana Project. She is a senior Dharma teacher, particularly drawn to the teachings on liberation - the very real possibility of freedom from greed, hatred and delusion in this life.

**Steven Smith** teaches Metta and Vipassana retreats worldwide. Anchored in the Theravadan tradition since 1974, he has trained as a monk and layperson with the Burmese meditation master Sayadaw U Pandita. Steven is a co-founder of Vipassana Hawaii and the Metta Dana Project in Burma.

**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).

**Registration** Mail this form with cheque, or register 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 (as space permits).

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

## Date and Location

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

Asian Centre  
UBC Campus  
1871 West Mall

## Cost

\$75 (plus dana). Late registration (received or postmarked after March 30) 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](http://www.westcoastdharma.org)  
Email [info@westcoastdharma.org](mailto:info@westcoastdharma.org)

Mail or deliver this form with full registration, \$75, or late registration fee, \$85 (received or postmarked after March 30<sup>th</sup>) 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. Yes \_\_\_ No \_\_\_  
I would be willing to help with the retreat (e.g. by helping to set up and restore the hall, Yes \_\_\_ No \_\_\_  
by making tea, by making the teacher's lunch, by providing or purchasing flowers, etc.).  
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)