

# Meditation Retreat

May 1 - 3, 2009 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. Learning to observe experience from a place of stillness enables one to relate to life with less fear and clinging. 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 for beginning and experienced meditators. Sitting and walking meditation sessions are alternated.



**Michele McDonald** is a founder of Vipassana Hawaii. She has 25 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 MettaDana health/education project in Burma. He brings the traditional teachings to contemporary life drawing on 25 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).



Asian Centre, UBC, 1871 West Mall

May 1, Friday, 7:15 pm - 9:00 pm

May 2, Saturday, 9:00 am - 5:00 pm

May 3, Sunday, 9:00 am - 4:00 pm

Cost \$75 (plus dana). Late registration (after April 17th) 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