

Cultivating the Heart

February 17 - 19, 2012 UBC Campus

Metta Meditation Retreat

The beautiful quality of metta (lovingkindness) is essential for our own well being and for the world. Although it is innate within us, we often lose touch, both for ourselves and the world. Our hearts become overwhelmed or closed. Through the practice of Metta meditation we can reawaken and develop this boundless quality so we can live with greater friendliness and kindness to all of life.



This nonresidential silent retreat is suitable for beginning and experienced meditators. We will explore and develop the practice of Metta meditation: understanding the barriers and opening the heart. There will be periods of sitting, walking, instruction, Dharma talks, discussion and practical interactive exercises.

Adrienne Ross, MD, as a family physician and health care worker, has been involved in meditation and healing since 1976. She has been practicing Buddhist meditation since 1984. Her teaching is influenced by both Thai and Burmese streams of the Theravadan tradition as well as Tibetan Buddhist (Dzogchen) practice. She teaches classes and retreats in Canada and the US, and leads sitting groups and Mindfulness Based Stress Reduction programs in Vancouver. She is passionate about being awake in all areas of life and living the Dharma as fully as possible.

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.

Register by mail or with credit card online at 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 February 10th. Retreat fees will NOT be refunded after February 10.



Asian Centre, UBC, 1871 West Mall

February 17, Friday, 7:15 pm - 9:00 pm
February 18, Saturday, 9:00 am - 5:00 pm
February 19, Sunday, 9:00 am - 4:00 pm

Cost \$75 (plus dana). Late registration (after February 3rd) 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
Email info@westcoastdharma.org



"Join us for our annual February Metta retreat."
- your Westcoast Dharma friends