

WALKING THE TALK

with Donald Rothberg

Wisdom and Compassion in Action. Workshop and Vipassana meditation retreat. Friday evening's talk, "The Engaged Spiritual Life: Connecting Inner and Outer Transformation," will point to how the inner and outer require one another, if we are to respond to the challenges of our times. The weekend's focus will be on ways of developing compassion and exploring the parallels between individual practices and compassionate responses to community and global concerns. We will also work with ways to develop and express wisdom, equanimity, and skillful action, linking individual practices with interpersonal relationships and action in the world.

Silent meditation, talks, interactive exercises, group discussion, and creative process will help us deepen our understanding of the interplay between transforming ourselves and the world.

Donald Rothberg, a member of the Spirit Rock Teachers Council and Executive Faculty at Saybrook Graduate School, writes and teaches retreats on meditation, daily life practice, and socially engaged Buddhism. A long-time organizer, teacher, and board member for the Buddhist Peace Fellowship, he directs "The Path of Engagement," a two-year Spirit Rock training program connecting inner and outer transformation, and is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*.

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
Partial registration is only available for Friday night (as space permits).

Cancellations Retreat fees will be refunded (less \$10) for cancellations on or before July 4th. Retreat fees will NOT be refunded after July 4th.

Date and Location

July 11, Friday, 7:15 pm - 9:00 pm
July 12, Saturday, 9:00 am - 5:00 pm
July 13, Sunday, 9:00 am - 4:00 pm

Asian Centre
UBC Campus
1871 West Mall

Cost

\$75 (plus dana). Late registration (received or postmarked after June 27th) is \$85.

Fees cover retreat organizing costs. Voluntary donations (dana) for the teachings may be given at the retreat. For reduced-fee information, call 604.731.5469. The retreat is free for meditators 18 and younger.

Information

Call 604.731.5469
Visit www.westcoastdharma.org
Email info@westcoastdharma.org

Mail or deliver this form with full registration, \$75, or late registration fee, \$85 (received or postmarked after June 27th) 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)