

INSPIRING PRACTICE

with Joseph Goldstein

Dharma Discussion Join us for an afternoon of Vipassana practice and discussion with one of the leading Dharma teachers in North America.

Joseph Goldstein has been leading Vipassana (insight) and Metta (lovingkindness) meditation retreats worldwide since 1974. He is a co-founder and guiding teacher of the Insight Meditation Society in Barre, Massachusetts. He is also a co-founder of the Barre Center for Buddhist Studies and of the Forest Refuge Center for long-term meditation practice.

Joseph became interested in Buddhism as a Peace Corps volunteer in Thailand in 1965. Since 1967 he has studied and practiced different forms of Buddhist meditation under eminent teachers from India, Burma and Tibet.

He is the author of

**Insight Meditation: The Practice of Freedom;
The Experience of Insight;
Seeking the Heart of Wisdom (with Jack Kornfield);
One Dharma: The Emerging Western Buddhism; and
A Heart Full of Peace.**

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

Cancellations Fees will be refunded (less \$10) for cancellations on or before June 8th. Fees will NOT be refunded after June 8th.

Date and Location

June 15, 2008
Sunday
1:00 - 4:30 pm

Asian Centre
UBC Campus
1871 West Mall

Cost

\$30 (plus dana). Late registration (received or postmarked after June 1st) is \$35.

Fees cover organizing costs. Voluntary donations (dana) for the teachings may be given at the retreat.

Information

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

Mail or deliver this form with full registration, \$30, or late registration fee, \$35 (received or postmarked after June 1st) 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 experience.

I would be willing to help with the retreat (e.g. by helping to set up and restore the hall, by providing or purchasing flowers, etc.).

Yes ___ No ___

Yes ___ No ___

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 event and while moving about the facility at which the event is held. In consideration of being accepted as a participant for this meditation event, I release and discharge Westcoast Dharma Society, and its agents, from all claims resulting from my participation in the meditation event.

I have read and understand this assumption of risk and release on _____
(date) (signature)