

CULTIVATING THE HEART

Metta Meditation Retreat with Adrienne Ross

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 retreat is suitable for beginning and experienced meditators. In this silent retreat we'll 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 for exploring the barriers and cultivating the heart.

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. Adrienne's teaching is influenced by both Thai and Burmese streams of the Theravada 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 (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) for \$10 (plus dana) at the door..

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

Date and Location

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

Asian Centre
 UBC Campus
 1871 West Mall

Cost

\$75 (plus dana). Late registration (received or postmarked after February 3rd) 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 February 3rd) 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 Metta Meditation retreat. Yes ___ No ___

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