

Meditation Retreat

March 16 - 18 2012 UBC Campus

Vipassana Meditation

Vipassana or insight meditation is a simple and direct practice: the moment-to-moment investigation of the mind-body process through calm, open and precise awareness. Learning to observe our experience from a place of spacious stillness enables us to relate to life with a balance of wisdom and compassion. This experience fosters clarity and penetrating insight into the nature of who we are and increased peace in our daily lives. As insight deepens, wisdom and compassion arise.



Pascal Auclair has been immersed in Buddhist practice and study since 1997, studying with revered Asian monastics and lay Western teachers. A co-founder of True North Insight Meditation Centre in Canada, he enjoys teaching in Canada and in the US. His depth of insight, classical training, and creative expression all combine in a wise and

compassionate presence. His warmth and humour also make him a much appreciated teacher.

This nonresidential meditation retreat is for beginning and experienced meditators. Sitting and walking meditations are alternated.

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
Partial registration is only available for Friday night (\$10)

Cancellations. Retreat fees will be refunded (less \$10) for cancellations on or before March 9th. Retreat fees will NOT be refunded after March 9th.



Asian Centre, UBC, 1871 West Mall

March 16, Friday, 7:15 pm - 9:00 pm
March 17, Saturday, 9:00 am - 5:00 pm
March 18, Sunday, 9:00 am - 4:00 pm

Cost \$75 (plus dana). Late registration (after March 2nd) 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

