

# VIPASSANA RETREAT

with Howard Cohn

**Vipassana meditation** (Insight or Mindfulness practice) is a simple and direct practice -- the moment-to-moment investigation of the mind / body process through calm and focused awareness. The practice originates in the Theravada tradition of the teachings of the Buddha.

Learning to observe experience from a place of stillness enables one to relate to life with less fear and clinging. Seeing life as a constantly changing process, one begins to accept pleasure, pain, fear, joy, and all aspects of life with increasing equanimity and balance. As insight deepens, wisdom and compassion arise.

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

**Howard Cohn** has practiced meditation since 1972 and has taught Vipassana meditation since 1985. He is a senior Dharma teacher at the Spirit Rock Meditation Center in Woodacre, California and leads ongoing classes in San Francisco and Marin. Howard has studied with many Asian and Western teachers of several traditions including Theravada, Zen, Tibetan and Advaita Vedanta and incorporates a non-dual perspective in his teaching. He also has a private practice in counselling.

**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](http://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 August 7<sup>th</sup>. Retreat fees will NOT be refunded after August 7<sup>th</sup>.

Date and Location

August 14, Friday, 7:15 pm - 9:00 pm  
August 15, Saturday, 9:00 am - 5:00 pm  
August 16, Sunday, 9:00 am - 4:00 pm

Asian Centre  
UBC Campus  
1871 West Mall

Cost

\$75 (plus dana). Late registration (received or postmarked after July 31st) 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](http://www.westcoastdharma.org)  
Email [info@westcoastdharma.org](mailto:info@westcoastdharma.org)

To register for the Vipassana Retreat August 14 - 16: mail or deliver this form with full registration, \$75, or late registration fee, \$85 (received or postmarked after July 31<sup>st</sup>) 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 like a confirmation letter (map and additional retreat information) mailed to me. 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)