

VIPASSANA MEDITATION RETREAT

with Pascal Auclair

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.

Pascal Auclair has been immersed in the Dharma since 1997, studying with revered Asian monastic 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.

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 March 9th. Retreat fees will NOT be refunded after March 9.

Date and Location

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

Asian Centre
UBC Campus
1871 West Mall

Cost

\$75 (plus dana). Late registration (received or postmarked (after March 2nd) 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 March 2nd) 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.

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.).
My preference would be to help by _____

Yes ___ No ___
Yes ___ No ___

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 that I may make, resulting from my participation in the meditation retreat.

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