



# BC Insight Meditation Society Retreat Registration Form

Please complete in full and print clearly. Register early as space is limited and spaces are allocated on a first-come first-served basis.



## Meditation Retreat

with **Thanissara** and **Adrienne Ross**

**June 21-27, 2010**

Nanaimo, British Columbia

### Silent six-day retreat

Sitting and walking meditation and instruction, dharma talks and interviews.

### Vipassana (Insight) Meditation

Through calm, focused awareness, life is experienced as a constantly changing process.

All life's aspects - pain, fear and joy - can be accepted with increasing balance. Suitable for beginning and experienced meditation students.

*The Bethlehem Retreat Centre is in a natural serene setting overlooking Westwood Lake. Vegetarian meals and accommodation in private and shared rooms are provided. Public transportation to the retreat centre from the ferry terminal is available. There is a public hiking trail around the lake.*

**Thanissara** began Buddhist practice in the Burmese school in 1975. She was inspired to ordain after meeting Ajahn Chah and spent 12 years as a nun. She was involved in founding activities for families and children at Amaravati Monastery, which later led to the establishment of the Dharma School in Brighton. She is co-founder and a guiding teacher of Dharmagiri Buddhist Retreat Centre, KwaZulu Natal, S.Africa, and initiated the Woza Moya HIV/Aids Outreach which she continues to fund raise for. Thanissara recently completed an MA in Buddhist Pyschotherapy with the Karuna Institute in the UK, and has written a book of poetry called *Garden of the Midnight Rosary*.

**Adrienne Ross** has been involved with meditation and healing since 1984, and is influenced by Dzogchen and other contemplative practices. Trained by Jack Kornfield, she leads meditation classes and retreats in Canada and at Spirit Rock Meditation Center. Adrienne practices family medicine in Vancouver and teaches Mindfulness Based Stress Reduction to people with chronic pain and illness.

**Cost:** \$550 including meals and accommodation. For reduced-fee information call 604.980.4403. **Cancellations:** Before June 10, 2010 retreat fees will be refunded less \$10. No refunds after June 15, 2010. **Dana:** The 2,500-year-old tradition of Buddha Dharma is that the teachings are free: your fee covers only retreat expenses; no payment is given to the teachers or the staff. Meditators can practice generosity (dana) by making a donation to the teachers and staff. **Questions:** call Dianne at 604.980.4403. **To register:** Mail or deliver this form with a cheque for CDN \$550 payable to: BC Insight Meditation Society, #2 - 710 West 15<sup>th</sup> Street, North Vancouver, B.C. V7M 3K6

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Province/State \_\_\_\_\_ Postal/Zip Code \_\_\_\_\_

Phone (H) \_\_\_\_\_ Email \_\_\_\_\_ Do you have sleep disturbances? \_\_\_ Yes \_\_\_ No

Do you need a ride? \_\_\_\_\_ Can you provide a ride? \_\_\_\_\_

For more information about upcoming retreats, classes, sitting groups, and events, visit us on the web at [www.bcims.org](http://www.bcims.org)