



# 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.



## Women's Meditation Retreat

with **Adrienne Ross** and **Arinna Weisman**

**Nov. 26 – Dec. 1, 2010**

Nanaimo, British Columbia

### Silent five-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.*

**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.

**Arinna Weisman** is the co-author of *A Beginner's Guide to Insight Meditation* (2001) and has studied Insight Meditation more than 20 years. She has also taught throughout the United States for eleven years. Weisman was the first resident teacher at Insight Meditation Society and the founding teacher of the Dharma Dena Meditation Center. She trained in Vipassana with Ruth Denison and in the Dzogchen and Advaita traditions. Her home is in Massachusetts.

**Cost:** \$460 CDN including meals and accommodation. For reduced-fee information, call 604.254.0891 Ext.1.

**Cancellations:** 2 weeks notice is required. Before November 5, 2010 retreat fees will be refunded (less \$10 administration fee). No refunds after November 5, 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 Bridgid at 604.254.0891 Ext.1.

**To register:** Mail or deliver this form with a cheque for \$460 CDN payable to: BC Insight Meditation Society, 1938 Charles Street, Vancouver, B.C. V5L 2T9.

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? \_\_\_\_\_