



# 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.



## Metta Retreat

with **Adrienne Ross & Joanne Broatch**

**May 7 - 9, 2010**

Mission, British Columbia

### Silent weekend retreat

Metta instruction, dharma talks and interviews.

### Metta Meditation

Metta meditation is a vipassana technique which uses mindful awareness to open your heart to yourself and others. Suitable for beginning and experienced meditation students.

*Westminster Abbey Retreat Centre sits on a 180 metre elevation above the Fraser River, on a 200-acre site that includes the abbey grounds, rolling farmland, and a seminary campus. Its most distinctive feature is the abbey church and its tower with a ring of 10 bells. The views from the Abbey seem to stretch forever, providing a panoramic view of the beautiful Fraser Valley.*

**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.

**Joanne Broatch** has been practising Buddhist meditation in the Theravadan tradition since 1980, and teaching since 1994. Trained by Jack Kornfield, her spiritual journey has included Diamond Heart work and Process Painting, and more recently investigating spiritism and etheric healing in Brazil. Now semi-retired as a dharma teacher, she leads retreats, groups and classes primarily in British Columbia and Western Canada.

**Cost:** \$145 including meals and accommodation. For reduced-fee information call Bridgid at 604.254.0891, ext. 1. **Cancellations:** Before April 30, 2010 retreat fees will be refunded less \$10. No refunds after April 30, 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 CDN \$145 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? \_\_\_\_\_

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