



Women's Meditation Retreat

Please join Adrienne Ross
and Arinna Weisman,
Nov. 26 to Dec. 1, 2010
at Bethlehem Retreat
Centre, Nanaimo, BC.

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.*

November 26 to
December 1, 2010

BETHLEHEM RETREAT CENTRE
NANAIMO, BC

For information
call 604.254.0891 Ext. 1

\$460 CDN for the 5 day retreat,
including meals and accommodation



bc insight
meditation society