

JOY OF LIVING: OPENING THE HEART

Meditation Workshop Retreat with Myoshin Kelley

In this "Joy of Living Level 2: Opening the Heart" meditation workshop we will learn how meditating on loving-kindness and compassion can open our hearts to the world around us and relax the self-centered tendencies that lead to anxiety, dissatisfaction and suffering. Cultivating loving-kindness and compassion helps us to see the basic goodness that all beings share. By relating to others in an open-hearted way, we bring peace to the mind and develop a sense of confidence and purpose. This, in turn, naturally brings harmony to our relationships and enables us to work with challenging situations more effectively.

Myoshin Kelley, as the former resident teacher at the Forest Refuge long-term meditation practice center, brings seasoned wisdom from the Theravada Vipassana tradition of practice. She is also a long time student of Mingyur Rinpoche; is now a senior instructor in the Tergar International Meditation Community; and she offers programs around the world.

The schedule for this weekend workshop includes DVD teachings by Mingyur Rinpoche, presentations on the key points of meditation practice by Tergar instructor Myoshin Kelley, as well as guided meditations and discussion. Yongey Mingyur Rinpoche is a rising star among the new generation of Tibetan Buddhist masters. With a rare ability to present the ancient wisdom of Tibet in a fresh, engaging manner, Rinpoche's profound teachings and playful sense of humor have endeared him to students around the world.

This retreat is open to meditators who have previously attended a Joy of Living Level I meditation workshop and practiced meditation regularly for six months, or those who have practiced meditation regularly for at least three years.

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).

Date and Location

February 14, Fri, 7:15 pm - 9:00 pm
 February 15, Sat, 9:00 am - 5:00 pm
 February 16, Sun, 9:00 am - 4:00 pm

Asian Centre
 UBC Campus
 1871 West Mall

Cost

\$75 (plus dana). Late registration (received or postmarked after January 31st) 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

To register for the February 14 - 16 "Opening the Heart" weekend, mail or deliver this form with full registration, \$75, or late registration fee, \$85 (received or postmarked after January 31st) payable to: Westcoast Dharma Society, #2 - 2224 Larch Street, Vancouver, BC, V6K 3P7; or register online at <http://www.westcoastdharma.org/retreats/index.htm>

Name _____ Tel (home) _____
 Address _____ Tel (work) _____
 City _____ Postal Code _____
 E-Mail _____ (please PRINT mindfully)

This is my first meditation retreat. Yes ___ No ___
 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.). Yes ___ No ___
 My preference would be to help by _____

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 resulting from my participation in the meditation retreat.

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