

The Joy of Living

Level 2: Opening the Heart

Weekend Meditation Workshop with Myoshin Kelley

February 14 - 16, 2014

UBC Campus

Learn how meditating on loving-kindness and compassion can open our hearts to the world 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.

The workshop includes DVD teachings by **Mingyur Rinpoche**. **Myoshin Kelley** will present key points of meditation practice,

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



Myoshin Kelley began meditation practice in 1975. She has received Dharma instruction from several Buddhist meditation masters in the Theravada, Zen and Vajrayana traditions. She lived and taught at the Insight Meditation Society for 15 years and was the Teacher in Residence at the Forest Refuge for 7 years. She is a long time student of Mingyur Rinpoche and a senior instructor in the Tergar Meditation Community offering programs around the world.



Asian Centre, UBC, 1871 West Mall

February 14, Friday, 7:15 - 9:00 pm

February 15, Saturday, 9 am - 5 pm

February 16, Sunday, 9 am - 4 pm

Cost \$75 (plus dana). Late registration (after January 31st) is \$85.

Register by mail, onsite, or online at www.westcoastdharma.org/retreats/index.htm

Partial registration is available for Friday night either online or at the door.

Fees cover retreat organizing costs. Voluntary donations (dana) for the teachings may be given at the retreat.

