



## ***Dhamma: A Theravada Buddhist Society***

is pleased to invite you to

# **PRACTICING FOR BALANCE**

## **5 Day Vipassana Meditation Retreat**

with

**Jayantā (Shirley Johannedsen)**

**September 13 - 17, 2015, Surrey, BC**

The Buddha stated, in many discourses, that *Sati* (mindfulness/awareness) is a direct and complete path to Liberation. Mindful awareness provides the ability to be present with all experience with clarity, insight and equanimity. It is the foundation for wisdom, compassion and awakening. Whatever happens in the present moment is nature; even defilements become Dhamma. If we experience nature as it really is, the mind is free. A very important part of meditation is learning, through our experience, how to establish a balance “with in” the practice. In the teachings, this is referred to as ‘the Middle Way’. This retreat will focus on how to approach, establish and implement ‘the Middle Way’, a balance both in meditation and in ordinary activity.

This retreat follows the usual Insight Meditation (Vipassana) format of sitting and walking in silence, with systematic meditation instructions. Jayanta will give instruction, Dhamma talks, individual interviews, daily mindful yoga classes - as well, there will be question & answer periods. Previous meditation or yoga experience is not necessary. Experienced meditators are welcome. Limited registration.

**THE TEACHER: Shirley (Jayantā),** founder and president of *Stretch Awareness*, is an acknowledged and respected teacher of yoga and meditation. For the last 45 years, she has studied and practised with a wide range of internationally known yoga and meditation teachers. Her first introduction to Buddhism was in 1974 when she met and studied with the late Anagarika Dhammamma, and under Anagarika’s guidance she began a weekly sitting/study group, teaching meditation classes and leading Vipassana retreats.

Jayantā has studied and practiced extensively in the Theravada Forest tradition and is a lay Buddhist minister, trained at Abhayagiri Monastery in California, USA (a branch monastery of the Ajahn Chah tradition.) Jayantā is a founding member of the Calgary Theravada Meditation Society, the Light of the Dhamma, the International Buddhist Foundation of Canada, and Sakyadhita Canada. (For more information: [www.stretchawareness.com](http://www.stretchawareness.com))

**DATES:** 5:30 PM, Sunday, September 13th to 1:30 PM, Thursday, September 17th, 2015

**LOCATION:** Rosemary Heights Retreat Centre, Surrey, BC  
Tel: 604-576-8802. For directions, & other info please see: <http://www.rosemaryheights.com/>

**COST:** Single rooms: \$450 for members or \$475 for non-members (\$15 member fees, Apr 1-Mar 31)  
Limited shared rooms: \$425 for members or \$450 for non-members (\$15 member fees, Apr 1-Mar 31)  
(includes instruction, 3 vegetarian meals per day and dormitory-style accommodation).

*Does not include Dana for the teacher*

**WHAT TO BRING:** Personal toiletries, loose comfortable and layered clothing, socks/slippers, meditation bench/cushion, yoga mat (if available)

**FOR MORE INFO:** [dhammabuddhistsociety@gmail.com](mailto:dhammabuddhistsociety@gmail.com) or [dbsregistrar@gmail.com](mailto:dbsregistrar@gmail.com)

## REGISTRATION FORM

### Dhamma Buddhist Society Registration ~ Vipassana Meditation Retreat with Jayanta (Shirley Johannesen)

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**September 13 - 17, 2015**  
**Rosemary Heights Retreat Centre, Surrey, BC**

Name (First, Last name) \_\_\_\_\_

Gender: M \_\_\_\_ F \_\_\_\_  
(for room assignment if req'd)

Address (Street, Apt, City, Prov/State, Postal/Zip Code)

\_\_\_\_\_

\_\_\_\_\_

Contact Phone No. \_\_\_\_\_

Email (for confirmation) \_\_\_\_\_

Dietary Restrictions if any (vegetarian meals provided)

\_\_\_\_\_

Roommate requested (if applicable)

\_\_\_\_\_

Do you currently meditate? Yes \_\_\_\_ No \_\_\_\_ How long have you practiced? \_\_\_\_\_

In what tradition(s)? \_\_\_\_\_ Is this your first retreat? Yes \_\_\_\_ No \_\_\_\_

Do you plan to attend the Anagarika Memorial Celebration on Sunday, September 13th (10:00 a.m. – 4:00 p.m.)?

Yes \_\_\_\_ No \_\_\_\_ Maybe \_\_\_\_

**Cost: Single room \$450 for members or \$475 for non-members** (does not include Dana for the teacher).

**Shared room (limited, please check availability first) \$425 for members or \$450 for non-members**

Registration does not include Dana for the teacher.

*Space is limited. Early registration is recommended.*

Membership fee of \$15 (from Apr 1 – Mar 31).

#### **Payment options:**

Option 1: Full payment (retreat fees plus membership fee/renewal) upon registration.

Option 2: Non-refundable deposit of \$100 plus \$15 membership fee/renewal, if applicable. In addition, enclose a cheque post-dated August 15 for balance of retreat fees.

*Limited bursaries are available for those needing assistance. Email: [dbsregistrar@gmail.com](mailto:dbsregistrar@gmail.com)*

**Kindly make cheques payable in Canadian dollars to the Dhamma Buddhist Society, enclose this completed registration form and mail to: 1541 Ostler Court, North Vancouver, BC V7G 2P1.**

Confirmation of your deposit and final payment will be sent by email. Thank you.

***Cancellation policy: If you register and have to cancel, every effort will be made to fill your space so that your***

*payment can be reimbursed; however, it cannot be guaranteed.*