“CALMING THE RESTLESS MIND”
Meditation Retreat with Howard Cohn

Calming the Restless Mind
Everyone wants to have a calm and peaceful mind. Much of our restlessness and agitation stems from an untrained mind and lack of clear perception of what’s happening moment by moment. During this retreat we will train our hearts and minds to find a calm abiding in the present moment. We will also deepen our understanding using Buddha’s teachings and the practices of Insight Meditation and Lovingkindness.

This silent nonresidential meditation retreat is suitable for meditators of all levels of experience. There will be systematic instructions in both sitting and walking meditation, Dharma talks, and opportunities for discussions with the teacher.

Howard Cohn has practiced meditation since 1972 and has taught Vipassana meditation since 1985. He is a senior Dharma teacher at the Spirit Rock Meditation Center in Woodacre, California and leads ongoing classes in San Francisco and Marin. Howard has studied with many Asian and Western teachers of several traditions including Theravada, Zen, Tibetan and Advaita Vedanta and incorporates a non-dual perspective in his teaching. He also has a private practice in counselling.

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).

Registration Mail this form with cheque, or register with credit card online at www.westcoastdharma.org/retreats/nonresidential.htm Partial registration is only available for Friday night (as space permits).

Cancellations Retreat fees will be refunded (less $10) for cancellations on or before August 10th. Retreat fees will NOT be refunded after August 10.

Date and Location
August 17, Friday, 7:15 pm - 9:00 pm
August 18, Saturday, 9:00 am - 5:00 pm
August 19, Sunday, 9:00 am - 4:00 pm
Asian Centre
UBC Campus
1871 West Mall

Cost
$75 (plus dana). Late registration (received or postmarked after August 3rd) 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.

Dana (generosity)
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Information
Call 604.731.5469
Visit www.westcoastdharma.org
Email info@westcoastdharma.org

To register for “Calming the Restless Mind” August 17 - 19 mail or deliver this form with full registration, $75, or late registration fee, $85 (received or postmarked after August 3rd) payable to: Westcoast Dharma Society, #2 - 2224 Larch Street, Vancouver, BC, V6K 3P7

Name_______________________________________________________ Tel (home ________________________
Address__ __________________________________________________ Tel (work) ________________________
City__________________________________________________________ Postal Code _______________________
E-Mail________________________________________________________ (please PRINT mindfully)

This is my first Vipassana Meditation retreat. 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.).

My preference would be to help by _________________________________________

Yes ___ No ___

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)