



Vipassana Meditation Weekend Retreat in Chilliwack

Practicing breath, body sensation, loving kindness & walking meditation
in the Theravada Forest tradition .

This is a silent retreat in a relaxed environment, where mature people can be in silence together. You can bring meditation books or go for walks.

Included with Brian's talks are recorded dhamma talks by Ajahn Thanissaro, Ayya Khema and other monks.

Destress! Get into the peace and silence.

Brian Ruhe trained as a monk in Thailand and has taught for 20 years .

**Friday July 17, 7:30 pm to
Sunday July 19, 4:00 pm**

**Vipassana Bhavana Retreat Centre
4214 Wilson Road Chilliwack.**

**Bring mattress and sleeping bag. In
dorms. Meals included.**

**Suggested donation \$85+, plus
donation to Centre
Maximum 18 people**



**For details: www.brianruhe.ca
To reserve call Brian
604-738-8475
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