

New Westminster Secondary
835 Eighth Street
To register call (604) 517-6345

Meditation to Reduce Physical Pain

Saturday, February 25
9:00 am - 12:00 noon \$30

Vipassana Meditation with Buddhist Philosophy

Thursday, March 8 - 15
7:00 pm - 9:00 pm \$40



Brian Ruhe

604-738-8475

Email: brian@theravada.ca
www.theravada.ca

West Vancouver Community Centre
2121 Marine Drive (604) 925-7270

Mindfulness, Meditation and Buddhist Philosophy. Includes Brian's book.

Wednesday, January 18 x 5 sessions
7:00 - 9:15 pm \$131

John Braithwaite Community Centre
145 West 1st Street, North Vancouver
604-987-7529

Mindfulness Meditation for Stress Reduction

Monday, March 19 x 3 sessions
7:00 pm - 9:15 pm \$42.84

Delta Manor Education Centre
Delta School Board, 4750-57 Street
To register: (604) 940-5550

Mindfulness Meditation for Well-Being

Saturday, February 4th, and April 14th
9:30 am - 4:00 pm \$49 each

Following the Theravada Forest tradition with the guidance of Ajahn Sona at the Sitavana Birken Forest Monastery. Visit their website at www.birken.ca.

Brian Ruhe was a Buddhist monk in Thailand and has been teaching Buddhism and meditation for 15 years. Brian has taught thousands of people at temples, colleges and Adult Ed. courses around Vancouver. Brian says "Meditation means directing the mind." His latest book is "*A SHORT WALK ON AN ANCIENT PATH – A Buddhist Exploration of Meditation, Karma and Rebirth,*" available for \$14.95.

One Day Meditation Retreat
1465 Lamey's Mill Road buzz 57
Sunday Feb. 12th 10:30am - 4:30pm.
By donation. Contact website or
Brian for details.

Buddhist Philosophy and Meditation



2012 Winter Course Schedule

Brian Ruhe
Instructor

**Vancouver School Board
Hamber Secondary School**
5025 Willow St.
To register call (604) 713-4550

Kitsilano Community Centre
2960 Larch Street at 10th Avenue
To register call (604) 257-6976

Meditation to Reduce Physical Pain
Saturday, March 10 - 17
9:30 am - 11:45 am \$29

Mindfulness Meditation for Well-Being
Monday, January 16 x 3 sessions
7:00 - 9:00 pm \$65

**Mindfulness Meditation & Buddhist
Philosophy**
Tuesday, February 28 x 4 sessions
7:00 - 9:15 pm \$65

Vipassana Meditation at Coal Harbour
Sat. March 3, 9:00 am - 12:00 \$20

**Vipassana Meditation and Buddhist
Philosophy**
Monday, February 6 x 5 sessions
7:00 - 9:00 pm \$95

False Creek Community Centre
1318 Cartwright St., Granville Island
(604) 257-8195

Britannia Community Centre
1661 Napier Street
604-718-5800

Buddhist Philosophy
Thursday March 22 - 29
7:00 pm - 9:15 pm \$30

Roundhouse Community Centre
181 Roundhouse Mews
(604) 713-1800

Buddhism-in-Action and You
Tuesday January 17 - 31
7:00 - 9:00 pm \$48

Kensington Community Centre
5175 Dumfries Street
(604) 718-6200

Mindfulness Meditation for Well-Being
Saturday, January 21 - 28
9:30 am - 12:00 pm \$39

**Vipassana Meditation and Buddhist
Philosophy**
Saturday, February 11
9:30 am - 3:30 pm \$45

Mindfulness Meditation for Well-Being
Saturday, March 24 - 31
10:00 am - 12:15 pm \$32

**Buddhist Philosophy and Vipassana
Meditation**
Tuesday, February 7th - 21st
7:00 - 9:15 pm \$39

**Mindfulness Meditation for Stress
Reduction**
Saturday, March 10 - 17
1:30 pm - 3:45 pm \$32

Creekside Community Recreation Centre
1 Athletes Way, (604) 257-3050

West End Community Centre
870 Denman Street
(604) 257-8333

Burnaby School Board
To register: (604) 664-8888

**Buddhist Philosophy and Vipassana
Meditation**
Saturday, January 21 - 28
1:30 pm - 3:45 pm \$32

Mindfulness Meditation for Well-Being
Thursday, January 19 x 3 sessions
7:00 - 9:00 pm \$44

Mindfulness Meditation for Stress Reduction
Gilmore School, 50 Gilmore Avenue
Wednesday, February 22 x 4 sessions
7:00 - 9:00 pm \$79

Mindfulness Meditation for Well-Being
Feb. 25 - March 3
1:30 pm - 3:45 pm \$32

Buddhism-in-Action and You
Thursday, February 9th x 4 sessions
7:00 - 9:00 pm \$59

Buddhist Philosophy and Meditation
Gilmore School, 50 Gilmore Avenue
Wednesday, March 28 x 4 sessions
7:00 - 9:15 pm \$79
