

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

**Mindfulness Meditation for Stress
Reduction**
Monday, September 26 x 3 sessions
7:00 - 9:00 pm \$65

**Buddhist Philosophy and Vipassana
Meditation**
Monday, October 24 x 5 sessions
7:00 - 9:00 pm \$95

**Vancouver School Board
Education Centre**
1580 West Broadway
To register: (604) 713-4550

**Living Fully, Preparing for Death and
Beyond**
Friday, Oct. 7 - 14
7:00 - 9:00 pm \$49

Vipassana Meditation
Saturday, October 15
9:30 - 3:30 pm \$65

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

**Mindfulness Meditation for Stress
Reduction**
Wednesday, September 14 - 21
7:15 - 9:30 pm \$39

**Buddhist Philosophy and Vipassana
Meditation**
Saturday, November 19 - 26
9:30 am - 12:00 pm \$39

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

Mindfulness Meditation for Well-Being
Saturday, September 24 x 2 sessions
1:30 pm – 3:45 pm \$32

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

**Mindfulness Meditation for Stress
Reduction**
Saturday, November 19 - 26
1:30 - 3:45 pm \$36

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

**Mindfulness Meditation for Stress
Reduction**
Saturday, September 24 - October 1
9: 30 am – 11:45 pm \$32

**Buddhist Philosophy and Vipassana
Meditation**
Monday, November 21 x 4 sessions
7:00 pm – 9:15 pm \$64

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

**Mindful Meditation and Buddhist
Philosophy**
Thursday, October 13 x 6 sessions
7:00 – 9:15 pm \$89

Vipassana Meditation
Thursday, November 24 x 3 sessions
7:00 – 9:15 pm \$45

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

**Mindfulness Meditation for Stress
Reduction**
Gilmore School, 50 Gilmore Avenue
Wednesday, September 28 x 3 sessions
7:00 - 9:15 pm \$74

**Buddhist Philosophy and Vipassana
Meditation**
Byrne Creek Secondary, 7777 18th Street
Tuesday, September 27 x 3 sessions
7:00 - 9:15 pm \$74

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

**Mindfulness, Meditation and Buddhist
Philosophy.** Includes Brian's book.
Wednesday, October 19 x 5 sessions
7:00 - 9:15 pm \$131

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

Vipassana Meditation

Thursday, September 22 x 3 sessions
7:00 - 9:15 pm \$49

**Mindfulness Meditation for Stress
Reduction**

Saturday, October 29
9:30 am – 4:00 pm \$49

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

**Vipassana Meditation with Buddhist
Philosophy**

Tuesday, November 15 x 3 sessions
7:00 pm - 9:00 pm \$55

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

**Mindfulness Meditation for Stress
Reduction**

Wednesday, November 23 x 3 sessions
7:00 pm - 9:00 pm \$38

Special! Ajahn Sona is teaching in
Vancouver October 25-31.
For details: www.birken.ca



Brian Ruhe

604-738-8475

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

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 since 1996. 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 \$18.95.

Weekend Meditation Retreats:
In Mexico Sept. 30-Oct 2, then
Williams Lake, BC
Sat/Sun. Oct. 22-23. Contact Brian.

Buddhist Philosophy and Meditation



2011 Fall Course Schedule

Brian Ruhe
Instructor