

Ajahn Sona in Vancouver

October 25-30, 2011



This year, Sitavana - Birken Forest Monastery is celebrating its tenth anniversary at its current location near Kamloops, British Columbia. Sitavana's growth and vibrancy over the past decade are testament to the vision and generosity of thousands, particularly in the Lower Mainland. To mark this occasion, Sitavana's founder and abbot, Ajahn Sona, will inaugurate a week of activities to enable friends and newcomers in the Metro Vancouver area a convenient opportunity to share in merit and in the Dhamma – without the 4-hour drive!

BIRKEN IN BURNABY!

October 25-28

Daily Meditation, morning and evening
Dana Offering (breakfast and lunch)
Afternoon Tea-Time Q & A with Ajahn
Baldwin House, Deer Lake Park, Burnaby

cool mind

warm heart

green life

SPECIAL EVENTS

October 26, 7-9 PM

Public Talk “Cool Mind, Warm Heart, Green Life”

Roundhouse Community Centre, 181 Roundhouse Mews, Yaletown, Vancouver

October 29, 9AM - 2PM

Paa Pah Ceremony

Confederation Community Centre, 4585 Albert Street, Burnaby

Paa Pah is a traditional ceremony in which the lay community gathers to express gratitude for monastics and Dhamma, as well as an opportunity to share food together with Dhamma friends.

October 30, 9AM - 4PM

One-day Meditation Retreat

The Asian Centre, UBC, Point Grey Campus

Detailed Schedule of Events at www.birken.ca