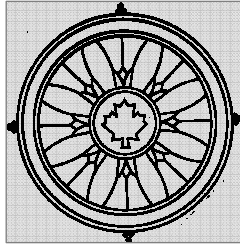


ONE-DAY MEDITATION RETREAT WITH AJAHN SONA BIRKEN FOREST MONASTERY ('SITAVANA')

Sunday, October 30, 2011 – 9:00am – 4:00pm
UBC Asian Centre Auditorium, 1871 West Mall, Vancouver



About Ajahn Sona: Born in Canada, Venerable Sona's background as a layperson is in classical guitar performance. His encounter with Buddhist wisdom as a young man initiated a spiritual journey that led him to become a lay hermit for several years. He subsequently ordained as a Theravada monk under Ven. Gunaratana, at the Bhavana Society in West Virginia, where his first years of training took place. Ven. Sona further trained for over three years at Ajahn Chah's monasteries in northeast Thailand, especially Wat Pah Nanachat. Upon his return to Canada in 1994, he helped establish Birken Forest Monastery (also known as Sītavana, 'cool forest') near Pemberton, BC. As its spiritual guide, Ajahn ("teacher") Sona has led the monastery through each stage of its growth, including the move to its present location south of Kamloops BC in 2001.

For more information on Birken Forest Monastery ('Sitavana'), please see: <http://www.birken.ca>

ONE-DAY RETREAT SCHEDULE

- 9:00 am REGISTRATION
- 9:30 am INTRODUCTION
(Short Dhamma Talk by Ajahn Sona)
- 9:45–11:00 am SITTING & WALKING MEDITATION PRACTICE
- 11:00 am MIDDAY MEAL
- 12:30–2:30 pm SITTING & WALKING MEDITATION PRACTICE
- 2:30–4:00 pm DHAMMA TALK + Q&A WITH AJAHN SONA

Note: We invite you to bring your own lunch (incl. dishes, cutlery & mug, water bottle, tea bag/coffee, etc.) Chairs will be provided at the venue. If you prefer to sit on the floor, please kindly bring your own sitting gear (meditation mat and cushion/bench).

NO PRE-REGISTRATION OR FEE REQUIRED. DONATIONS ARE WELCOME.

Directions to UBC Asian Centre available at: <http://www.asia.ubc.ca/departments/directions.html>