

Path of Peace Study Centre

AND



Sunshine Coast Retreat House

PRESENT

SUMMER APPRENTICESHIP 2008

WHO?

Serious/curious students of the path of awakening who aspire to deepen their commitment, broaden their experience and support the unfolding of others. Must be in good physical health, emotionally stable and interested in engaging 100 per cent – “to do as all the bodhisattvas have done: as much as possible of whatever is necessary.”

WHAT?

Focused spiritual training under the guidance of Bonni Ross -- a full-on experience of meditation, study, service and fun. Apprentices will participate in meditation and study, group communication process and physical work and will receive individual guidance with their spiritual work and personal issues as necessary. They will provide assistance for (and participate in) our summer program, Recreation for the Heart and Mind, and share responsibility for the operation of Sunshine Coast Retreat House and other venues (which will include meal prep, cleaning, gardening, and playing with Mila the dog) as well as tending the shrine and assisting with ritual work.

WHEN?

July 1 to August 23, 2008

WHERE?

In a peaceful setting within a creative community — the village of Roberts Creek on the Sunshine Coast, an hour's travel by road and ferry from Vancouver, BC. You will live surrounded by temperate rain forest, sheltered by Mount Elphinstone, with a five-minute walk to a beach on Georgia Strait.

HOW MUCH?

\$1,300. Includes room and food and participation in Recreation for the Heart and Mind. Does not include dana, which may be offered in gratitude for the teaching and guidance received.

HOW TO APPLY?

First step is to let us know of your interest . . . preferably by e-mail to bonni@dccnet.com. Tell us a little about yourself, and why you are interested in apprenticeship. Ask us questions. We must receive your expression of interest before April 15. After that date, we will contact you by e-mail, perhaps ask a few questions of our own.

Successful applicants will be informed by May 2. Preference will be given to those who are able to commit to the full program.

Path of Peace Study Centre

Summer Program

Recreation for the Heart and Mind

REGISTRATION AND GENERAL INFORMATION

Fees cover only program costs.

Participants must arrange their own accommodation and meals, and should bring refreshments and lunch each day of the program.

Information on the venues (in Roberts Creek) will be given when you register.

Please take careful note of start and end times of the workshop you are registering for.

Early-bird discounts apply to all courses when registration and payment is received before May 31.

Pre-registration and payment is required. To register, there are two things to do:

Contact the registrar, Katherine Raaby, at 604 885-6717

and mail payment to Path of Peace Study Centre, PO Box 273, Roberts Creek, BC V0N 2W0.

PROGRAM

Saturday, July 5 and Sunday 6, 10 am to 4 pm - **LABYRINTH MEETS MANDALA** with Bonni Ross - Early Birds \$120 -- \$150 after May 31

Western and eastern forms come together this weekend as we explore two different models of spiritual exploration. First we will introduce the classical Greek-style walking labyrinth, and then will outline the basic principles of the Tibetan form of mandala. Bringing these two together as an inner journey of initiation will set the stage for each participant to make personal discoveries.

We'll deepen the exploration by working with colour and clay, exploring sound, moving our bodies and sharing our experiences.

Wednesday, July 9 to Friday, July 18, 10 am to 4 pm - **SEEING WITH YOUR HEART: HAVING SATISFACTION** with Robert Sinclair - Early Birds \$600 -- \$750 after May 31 **On-site accommodation is available for this course at \$25 per night plus GST.**

We are all artists. This workshop will be an exploration of clear seeing and deepening knowing through the doorway of painting and drawing. We will start the workshop using oriental brushes

and ink on rice paper to stimulate the creative process of image making. Following this will be an exploration of drawing as a way of clarifying our seeing and engagement with the world. Next, colour mixing exercises for those unfamiliar with watercolours. The latter part of the week will focus on blending these with watercolour painting. Various mindfulness exercises, art projects, body movements and guided visualizations will be interwoven to make a workshop of very rich exploration.

Saturday, July 19 and Sunday, July 20, 9 am to 4 pm -- **MINDFULNESS-BASED STRESS REDUCTION** with Dr. Eddie Berinstein - Early Birds \$140 -- \$175 after May 31

On-site accommodation is available for this course at \$25 per night plus GST.

MBSR was started by Jon Kabat-Zinn in the late 1970's and has since benefited thousands of people worldwide. The cultivation of mindfulness through meditation practice allows us to be more present for our moments as they unfold and to embrace the "full catastrophe" of our life in a more harmonious and balanced way. The primary purpose of the workshop is the cultivation of mindfulness into everyday life, thereby using it as a means and a tool to help deal with chronic pain, stress, and illness. The workshop will consist of both formal and informal mindfulness practices including sitting, walking, loving kindness, and body scan meditation. There will be group dialogue and interaction as well as some guided body movement.

Saturday, July 26 and Sunday, July 27, 10 am to 4 pm -- **Timeless Dharma: a contemplative exploration of community, communication and fundamental ground** with Tarchin Hearn - Early Birds \$120 -- \$150 after May 31

The journey of each of our lives is an expression of timeless dharma; a life-long growing into maturity. What are we? How do we function? Where do we begin and end off? What kinds of communities does this give rise to? What actually is communication? Allowing these questions to channel our search, we find an expression of dharma, a way of skillfully living in the world, that transcends culture and age. This will be an innovative weekend, blending contemplation, movement, talk and maybe even some DVDs, all working towards touching something meaningful in all of us.

Saturday August 9 and Sunday, August 10, 10 am to 4 pm -- **IKEBANA: Art as Spiritual Practice** with Elizabeth Berry - Early Birds \$120 -- \$150 after May 31

Ikebana, the art of Japanese flower arrangement, is a practice of finding balance among elements - flowers, branches, leaves, and the space they interact with. In discovering this harmony, we have the opportunity to rediscover our own inner harmony. This workshop will create a spiritual context for Ikebana through demonstration and instruction that will allow participants to make their own arrangement. We will also combine individual arrangements into a group arrangement. We will walk in the woods to observe and gather materials for another arrangement based on that experience and will also explore a Theravadin Buddhist practice--the creation of flower mandalas. Meditation and movement will accompany all these activities.

Saturday, August 16 and Sunday, August 17, 10 am to 4 pm - **LIVING IN THE FIELD: Daily Life as Spiritual Practice** with David Berry - Early Birds \$120 -- \$150 after May 31

Spirituality is not a pleasant escape from daily life. It is the sum of all that's happening. We already have an inkling that the joys and challenges we experience are projections of our own minds onto "the field" that is around us and is in us and is us. Kindness, compassion, resonant joy and equanimity are qualities of being that align us with the flow of this field and reveal it to us. There are systems of ethics and attitude that are more alignment coordinates with a higher (or deeper) reality than they are rules for behavior. There are trends in the world that call for our attention; awakening is an opportunity and perhaps a responsibility for our species. In this workshop we will have quiet contemplative time, moments in nature and exercises to clarify our understanding. The homework for the course will be the way in which we live the rest of our lives.

TEACHERS

Dr. Eddie Berinstein has found that the cultivation of mindfulness and meditation (which he has practiced since 1977) has enhanced all aspects of his physical, emotional and spiritual, life as well as his professional life as a Family Physician. Eddie has been leading a Sunday evening meditation group with the Community Schools for many years. He attended a Mindfulness-Based Stress Reduction - Professional Training with Jon Kabat-Zinn and Saki Santorelli and now teaches MBSR Workshops on the Sunshine Coast.

David Berry is co-founder of the Prayer Vigil for the Earth held annually on the National Mall in Washington DC. His spiritual work is often under cover, weaving spirituality into talks on sustainability in Europe, Asia and the Americas. In 1992, he helped a Hopi Elder fulfill a prophecy to speak at the Great House of Mica (the UN). After that event, following the same kind of shimmering trail, David was assigned to the White House Council on Environmental Quality, for seven years chairing Interagency Groups on Sustainable Development Indicators and Industrial Ecology.

Elizabeth Berry practices Ikebana, the art of Japanese flower arranging. She is certified to teach in two schools--Ikenobo (the oldest classical school in Japan) and Sogetsu (more avant-garde.) In 1988, Elizabeth was posted overseas in Seoul, Korea. She noticed that she was often more interested in the flowers on her contacts' desks than what the contacts were talking about! She began her formal studies upon returning to Washington DC in 1990. Her "day job" has since taken her to Italy and Paris, where she presently lives, continuing to study and practice Ikebana as central to her life, wherever she is.

Tarchin Hearn, based in New Zealand, has 40 years study and practice in various schools of Buddhism. Since 1977 he has taught in many countries and has helped establish a number of centers for retreat and healing. Writer, artist, poet, traveler and inspiring teacher, Tarchin's approach is thoroughly non-sectarian and universal in nature. Rooted in Buddhist principles, his work frequently links personal healing with a deep ecological perspective in ways that have inspired a wide range of people, from a variety of diverse backgrounds and traditions.

Bonni Ross has taught the path of liberation and peace since 1978 and has practiced in both Western Mysteries and the principal traditions of Buddhadharma for over 40 years. Her teachings explore both the philosophical and theoretic foundations of the teachings of awakening, as well as providing practical and pleasurable methods for increasing awareness, kindness and wisdom in daily life. Bonni teaches eclectically, with passion, humour and attention to the needs of each person, guides individuals interested in focussed meditation and leads retreats for depth unfoldment at centres around the world. www.retreathouse.bc.ca

Robert Sinclair, BFA, MA, MFA taught at the University of Alberta from 1965 to 1996 as well as at the Banff School of Fine Arts and he continues to teach in the Red Deer College Summer Series. He currently runs water colour workshops combining art and awareness/meditation techniques to explore the connectedness between creativity, physical and spiritual well being. Robert's experience with Tai Chi and Buddhist meditation coincided with an exploration of Chinese calligraphy and Japanese sumi-e. His work has been featured in 58 solo exhibitions and over 42 group shows at public and commercial galleries in Canada, America and abroad. A skilled craftsman and wonderful teacher, Robert emphasizes exploring your own creative intelligence and intuition to build a trust in yourself both as an artist and complete human being. www.sinclairart.com

Path of Peace Study Centre is a BC-registered non-profit society that provides multi-disciplinary learning experiences to support creative and compassionate action in the world. Our long-term goal is a three-year residential training program that combines the inner disciplines (such as meditation and non-harming ethical principles) that lead to healing and peace on an individual level with outer skills (like conflict resolution and healthy group process) that make us effective as agents of wholesome change in the world.

Path of Peace is part of a network of urban and rural centres for spiritual exploration and discovery located across Canada, in the US, New Zealand, Australia, Japan, Germany, Switzerland, the UK, France, Norway and Guatemala.

To find out more about Path of Peace Study Centre, please visit our website at www.pathofpeace.ca