



# asian centre meditation retreat

## A SOFT AND RADICAL TRANSFORMATION OF THE HEART : BALANCED SENSITIVITY EMBODIED WISDOM

PASCAL AUCLAIR | MARCH 23 – 25 2018  
NON-RESIDENTIAL VIPASSANA RETREAT

Could “waking-up” mean becoming sensitive again? Letting the senses be the doorway to the freedom we so seek? Intimacy with the world, inner and outer, will be what we will open to and cultivate during this retreat, inviting again and again balance of heart and mind, friendliness and clarity to set the right conditions for wisdom and freedom to arise naturally. While sitting and walking with meditative presence, and through silence and guidance from the teacher, we will discover for ourselves what is possible in this very life.



Pascal Auclair has been immersed in Buddhist practice and study since 1997, sitting retreats in Asia and America with revered monastics and lay teachers. He has been mentored by Joseph Goldstein and Jack Kornfield at the Insight Meditation Society (IMS) in Massachusetts and Spirit Rock Meditation Center in California, where he is now enjoying teaching retreats. Pascal teaches in North America and in Europe.

He is a co-founder and Guiding Teacher at True North Insight. His depth of insight, classical training, and creative expression all combine in a wise and compassionate presence. In addition, his warmth and humour make Pascal a much appreciated teacher.



### WHEN

Friday, Mar 23 | 7:15 – 9 pm  
Saturday, Mar 24 | 9 am – 5 pm  
Sunday, Mar 25 | 9 am – 4 pm

### WHERE

UBC Asian Centre  
1871 West Mall, UBC Campus  
Vancouver, BC

### COST

\$95 (plus dana)

*Fees cover retreat organizing costs.*

*Voluntary donations (dana) for the teachings may be given at the retreat.*

### CONTACT

Visit [bcims.org](http://bcims.org) for more information and registration.