

# Meditation

## the Experience of Freedom and the Neuroplasticity of the Brain

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A weekend retreat with **Lama Mark Webber**,  
26-27th June 2010, UBC – Vancouver School of Theology

“Meditative traditions and modern research on the nervous system have clearly documented that the human nervous system is capable of enormous plasticity, transformation and experiences of freedom. Let’s practically explore the interconnections between meditation, mindfulness and recent findings from the field of neuroplasticity. To a great degree, we can build and shape what we want, as long as the interest and determined attention is sustained.”

Lama Mark

Saturday and Sunday 9am to 5pm  
\$325 Workshop rate (earlybird special is \$295)

Early Bird deadline for registration is May 26, 2010

LAMA MARK WEBBER (Lama Yongdu)’s style of teaching is non-sectarian and universalist in nature, displaying for beings the wondrous unity, uniqueness and intrinsic freedom of all life. His teaching is classically founded, but well integrated with science, art and nature. Mr. Webber’s work with people demonstrates a profound commitment to freeing beings from innumerable suffering states, whether through meditation, study, art, travel or science.

He has been studying and teaching Buddha Dharma (the Teachings of Liberation) and meditation for thirty-eight years. He was born in 1956 in Toronto and he started practicing meditation at the age of 16. His root teacher was the late Venerable Namgyal Rinpoche, a Canadian, who was a great meditation master and superb Dharma teacher. Visit [www.markwebber.org](http://www.markwebber.org) for more information.



#### REGISTRATION AND ENQUIRIES:

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