

**Community Gathering and Summer Retreat on Galiano Island
With Lama Mark Webber**

~THE SONGS OF LIBERATION~

At **Crystal Mountain Retreat Centre, Galiano Island B.C.**

**July 6th, 7th, 8th - Community Gathering - everyone welcome
July 8th - 28th - the Songs of Liberation**

For information and a registration form:

Please email **Denise Truax** to Register: dtruax@ontera.net

or phone Helen Foster for information at (604) 947 0987

Course Description:

July 6,7,8 - Community Gathering: Everyone Welcome - Continuum of Awareness retreat, meditations and evening teachings.

With a focus on community building and Dharma practice in daily life.

Silence will not be maintained. Everyone welcome. Let's play together and vision our future on the land, while getting a bit of yard work done and spending time with Mark. Please come!! Mark will give a class each evening and some activities have been planned. Just like last year - Bring your musical instruments, gardening tools, baseball bats, bring your kids, bring your Mother!

Food will be pot luck style, with the local folks bringing food and we can all cook together. Out of towners (or those who prefer) can register and pay, food will be bought for them.

Call Janice for information at 250 539 3389

Fees are by donation with the goal of raising enough to cover costs.

July 8th - 28th - The Songs of Liberation - silence, sound and communication-- exploring the nature of mantra and liberation.

This course will focus on sound and sound vibration. We will be able to provide a fuller course description shortly. The community gathering is not a prerequisite for the "Songs of Liberation Retreat" retreat but will be a very supportive way to move into the longer retreat, attendance is recommended by Mark. Jane Mortifee will join us in the Songs of Liberation retreat and Mark has requested Jane, as a professional singer, to help guide participants in developing their many voices

Fees \$37 per day includes camping, meals and course expenses. See registration form for details.

As well, there is the Dana for the teacher, a suggested donation being \$20-\$40/per day.

Dana: A bowl will be available to receive donations for the Teacher who, in keeping with traditional practice, does not charge a fee. It is left up to the participants to assess their own circumstances and to give accordingly, as generously as possible. Fees charged by Crystal Mountain cover expenses incurred to provide the Teaching and are not payment for the Teaching itself.

A **DEPOSIT** of \$100 will secure your registration.

Cheques can be made payable to **Crystal Mountain Society** and mailed to Gisele Sabourin, 1253 Chestnut St, Vancouver, BC, V6J 5C3

Please email Denise, to fill in the form.

Service Opportunity: We are looking for a cook and helper for these courses. Course fees can be waived. For more details/to apply please contact Denise.