



A Vast, Vibrant & Stable Heart

A Two Day Online Retreat

with

Pascal AuClair

January 16th and 17th, 2021
9 am to 4 pm (PDT)



The Topic: Together, we will cultivate the courage to meet reality as it is — changing and unpredictable. We will allow this intimate encounter to become the gateway leading us to tenderness and joy. A presence, altogether sensitive, engaged, vibrant and calm — wise! — will take us to the silent and caring heart of Mindfulness.

The Teacher: 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 of True North Insight and one of TNI’s Guiding Teachers.

For more information about Pascal, see: pascalaclair.org and truenorthinsight.org

REGISTER HERE

Connection details will be emailed to registrants.

Cost: In keeping with the teachings and spirit of generosity, this retreat is freely offered. No one will be turned away for lack of funds. Opportunities to donate (give dana) are below.

Dana for **Pascal Auclair** may be made by PayPal or Credit Card:

DANA for PASCAL

Donations to help offset BIMS organizational costs may be made by check or PayPal (US Funds only).

Bellingham Insight Meditation Society
PO Box 1182
Bellingham, WA 98227

BIMS Retreats PayPal

If you have any questions, please contact the Retreat Registrar at: BIMSretreats@gmail.com