

# Meditation

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

---

Two evening talks, and two weekend retreats with **Lama Mark Webber**,  
January/February 2010, Wellpark North Shore Campus, Auckland.

*Weekend Retreat:*

### **Being Present in Community**

Jan 30-31 (9am Sat- 5pm Sun)

Dana/Donation for the Teacher, plus  
\$200/\$170 course fee (waged/unwaged)  
full catering and accommodation

*Evening talk:*

### **Compassion**

Tues, Feb 2, 7.30pm

Dana/Donation for the Teacher  
plus \$10 course fee

*Evening talk:*

### **Meditation and the Art of Learning**

Thurs, Feb 4, 7.30pm

Dana/Donation for the Teacher  
plus \$10 course fee

*Weekend Retreat:*

### **Meditation, the Experience of Freedom and the Neuroplasticity of the Brain**

Feb 6-7 (9am Sat- 5pm Sun)

Dana/Donation for the Teacher, plus  
\$200/\$170 course fee (waged/unwaged)  
full catering and accommodation

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-five 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.



VENUE, REGISTRATION AND ENQUIRIES:

Wellpark North Shore Campus Retreat Centre, (09) 415 9468, 14 Mills Lane, Albany, North Shore, Auckland,  
[wmsmanager@wellpark.co.nz](mailto:wmsmanager@wellpark.co.nz), [www.wellpark.co.nz](http://www.wellpark.co.nz)