

Meditation Retreat

Establishing Mental/Emotional Freedom:

The Art and Science of Meditation

Nov. 28 - Dec. 4, 2010

at Villas B'alamYa, Lake Atitlan

with

LAMA MARK WEBBER

Mark Webber has been studying and teaching Buddha Dharma and meditation for thirty-four years. He was born in 1956 in Toronto and he started practicing meditation at the age of 16, through a strong interest to understand consciousness, primarily using the mind to study the mind. In the following year he began formally studying Buddhist meditation. He spent the next ten years, between University studies and summer work, traveling and studying with Namgyal Rimpoche.

Mr. Webber has done extensive meditation retreats and periods of study. Lama Mark'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.



6 nights

Full Room & Board

\$600.00

+ Dana for Teacher
dbl. occupancy

Commuter

Lunch Only -

\$175.00

+ Dana for Teacher
(No accommodation)

Daily Yoga with Rae Ishee

For more information, contact
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www.balamya.com