

A 10 Day Residential World Dharma Retreat with Alan Clements and Special Guests A FUTURE TO BELIEVE IN



Self-Designing One's Own World Dharma The Liberating Art of Being True and Human

Reclaiming the Totality of Everyday Life: Empowerment,
Meditation, and the Universal Right to Be Free



Alan Clements's World Dharma vision is the distillation of his life's work — a journey that has taken him from the sacredness of monastic silence deep into the dark heart of war zones. World Dharma explores the confluence of one's inner world (the exploration of consciousness and its contents) with its outer expression — a liberating humanness unbound by dogma, conformity, and the pretense of certainty. During the retreat each individual will self-design and co-evolve their own unique expression of *World Dharma* — the liberating art of being true and human — finding freedom in every circumstance we face.

WHEN: May 3 — 12, 2013

WHERE: The Bodega Resort — Galiano Island, British Columbia, Canada

AVAILABILITY: Limited to 19 participants; by online application.

LODGING: You will be staying in one of seven, spacious, three bedroom cabins. You will have your own fully appointed private room, with a queen-size bed, including sheets, pillows, blankets and towels. Each cabin has free high-speed wi-fi and international cell phone access, along with a fireplace (with plenty of wood), full kitchen, two bathrooms, one with shower and bathtub.

[The Bodega Resort](#) is situated on 22 acres of deep nature, set within a pristine coastal landscape. Nestled on a gentle slope at the base of Bodega Ridge, the resort has spectacular views of the Vancouver Island mountain range. On the property are ponds, colorful meadows, native plants, arbutus trees, wildflowers, grape vines, orchids, and fruit trees, including pear, peach, plum, apple, fig, kiwi and cherry. And within a kilometer of the bay, the resort has several easy access points to the beach.

FOOD: Three (mostly organic) finely prepared vegetarian meals, daily, along with green, black and herbal teas and plenty of fresh coffee throughout the day.

COST: \$1995. CAD + 12% tax; includes private room and meals. If you are attending with your partner and share the same (bed-) room, cost is \$1695 each.

REGISTRATION: Fill out the short online application form on the World Dharma website and someone will get back to you within 24 hours, at which point, if your application is accepted, you will be asked to pay a \$150 (non-refundable) deposit (either online or by check) to hold your space. On the other hand, if your application requires further discussion, this will be explained in the email.

* If you require a complimentary consultation with Alan before deciding on the retreat and submitting your deposit, indicate this in the online application form, along with a good time to speak. You can expect a return email within a day or two to confirm the consultation.

* For those registered in the World Dharma Institute's Online *Course* you can also attend the 10-day residential retreat. As a gift, your full course fee (whatever you have paid) will be deducted dollar for dollar (up to \$1,000) from the retreat fee.

* Please note the connection when filling out the online registration form and the funds will be deducted from the cost to attend the residential retreat, (providing there is space, that is).

STEP 2: Pay \$1000 US or CAD funds (25 % of the retreat fee) by March 1st. This is 100% non-refundable.

STEP 3: Pay the balance by May 1st or, if preferred, upon arrival at the retreat.

OPTION: You can also pay the full retreat fee at anytime, from the day you register ... onward. Your choice.

PERSONAL PAYMENT PLAN OPTIONS: If you need a creative personal payment plan our intention is to develop one that works for everyone. Please email us at contact@worlddharma.com to discuss how to best set up your personal plan.

MAKING PAYMENTS: Once your application has been accepted you will be notified to make payment either online or by mail (your choice).

1. Online by Pay Pal, bank or credit card, at www.AlanClements.com (under Support scroll to one-time contribution and enter the amount of the payment you are making). **NOTE: You do not need a paypal account to use a credit, debit or bank card.**

2. If by check, please make payable to World Dharma and mail to:

World Dharma
2768 West Broadway
P.O. Box 74709
Vancouver, BC, Canada V6K 2G4

ARRIVE: Plan to arrive Friday May 3rd by 5 pm. Dinner will be at 7:00. The retreat will start at 8 pm.

DEPART: On Sunday May 12th morning (before noon), or at anytime convenient to your needs.

TRAVEL BY AIR: To Vancouver International Airport: at the south terminal flights are available to Galiano Island by [SeaAir](#) or [Harbour Air](#). You can also charter with Sea Air, Harbour Air or [Salt Spring Air](#) and they can fly to a sea plane dock 15 minutes from the retreat, whether arriving and or departing.

Prior to arrival, you can arrange “pick up” at the seaplane landing on the island by contacting Jesse — the owner of Bodega Resort.

Telephone toll free in the US and Canada: [1-877-604-2677](tel:1-877-604-2677)

Or international, call: 00-1-250-539-2677 / Email: info@bodegaridge.com

TRAVEL BY CAR, BUS AND FERRY: From Vancouver International Airport it’s a 45 minute (well-marked) drive south to the ferry dock at Tsawwassen. Good to arrive 40 minutes prior to sailing. It’s a 50 minute crossing to Galiano

Island and 25 minutes from the ferry to Bodega Resort. [BC ferry schedule](#) and [further details of travelling to Galiano Island](#)

VISAS TO CANADA: As an American, Australian or citizen from any EU country, entering Canada as a tourist, for less than 6 months, does not require a visa prior to arrival. All that is needed is a passport valid for at least one year from date of entry. Round trip tickets are not required but are recommended. If asked, explain to the immigration representative that you have a booking at The Bodega Resort on Galiano Island for a 10 day personal retreat-vacation and will be leaving the country after the retreat ends or shortly thereafter.

GALIANO is a beautiful and naturally diverse island with the best beaches of all the Gulf Islands. It has spectacular forests that are home to a large array of wildlife and amazing sandstone formations along the coast. Of all the Gulf Islands, Galiano has the best weather and is the driest: 26" of rain annually. Because of the island's mild climate year-round, Galiano enjoys a reputation as "Canada's Mediterranean." Nonetheless, bring a small umbrella.

WEATHER: [Generally warm and beautiful in May.](#)
[Click for an up-to-date detailed weather report.](#)

WHAT TO BRING: The nearest country store is 20 minutes drive from the retreat, so bring everything appropriate. You will want to bring a notebook, pens, meditation cushion, yoga mat, shawl or vest, supplements, vitamins, special soaps and toiletries, flashlight with extra batteries, hiking shoes, and some great snacks. Essentially, bring anything and everything that makes you happy. Please note: This is an alcohol and drug free retreat, no matter how sacramental the substance.

DAILY SCHEDULE:

Wake up: 7:30 am

Group Meditation: 8:00 - 8:45 (45 minutes) (with progressive instructions)

Yoga or Qi Gong: 8:45 am - 9:30 (45 minutes)

Breakfast & Break: 9:30 - 10:00 (30 minutes)

Meditation: 10:00 am - 10:45 (45 minutes)

Q & A: 10:45 am - 11:00 (15 minutes)

Break: 11:00 am - 11:15 (15 minutes)

First Group Session: 11:15 am - 12:30 pm (75 minutes)

Break: 12:30 pm - 12:45 (15 minutes)
Group Meditation: 12:45 pm - 1:30 (45 minutes)
Lunch & Break: 1:30 pm - 3:30 (2 hours)

Group Meditation: 3:30 pm - 4:15 (45 minutes)
Break: 4:15 pm - 4:30 (15 minutes)
Second Group Session: 4:30 pm - 6:00 (90 minutes)
Break: 6:00 pm - 6:15 (15 minutes)
Yoga or Qi Gong: 6:15 pm - 7:00 (45 minutes)
Dinner and Break: 7:00 pm - 8:00 (1 hour)

Group Meditation: 8:00 pm - 8:20 (20 minutes)
Presentation with Q & A: 8:20 pm - 9:00 (40 minutes)
A series of World Dharma talks by Alan

- * Self-Determination: Designing One's Own Unique (World Dharma) Path
- * Inner Environmentalism — The Deep Ecology of Consciousness
- * The Future of Freedom — Our Own and Others as One
- * Mindfulness Unmasked: Paradigms of Presence, Mythification, Escape
- * Dharma Intelligence: a New Form of Anywhere/Everywhere Meditation
- * Liberating Authenticity - Trusting One's Own Deepest Life Experience
- * Spiritual Mimicry and Mental Materialism: Impersonating Authenticity
- * Challenging Conformity, Spiritual Correctness and the Cult of Certainty
- * The Yoga of Freedom — a Passion for Liberty as Meaning and Purpose
- * Practicing Freedom — Bringing Global Human Rights Into Daily Life
- * Creative Self-Expression — The Liberating Art of Being True and Human
- * Reclaiming the Totality of Everyday Life and the End of Inner Apartheid

Tea Break: 9:00 pm - 9:30 (30 minutes)
Meditation: 9:30 pm - 10:00 (30 minutes)
Personal Time and Rest: 10:00 pm - 7:00 am (9 hours)

PERSONAL SESSIONS: Individually arranged with Alan during the retreat.
QUESTIONS/ INQUIRIES: Email: contact@worlddharma.com.



“The mind is a living organism that chaperons us everywhere, haloing our bodies as the biosphere does the earth. It informs us of everything we think, feel, and say. Consciousness is as central to life as the ecosystem is to the earth. We can’t live without it, nor can it be escaped. It is home. Neglect consciousness — denigrate it, violate it — and like the earth, the individual suffers, and often causes suffering, too. On the other hand, nurture consciousness — understand its nature, inhabit it wisely — and we flourish, and elevate society too.”

"A Future to Believe In: 108 Reflections on the Art and Activism of Freedom"
By Alan Clements