

## Awakening Joy – 10 Steps to a Happier Life

For 15 years, Dharma teacher James Baraz has helped students find joy in their lives through this engaging, transformative 5-month course. This year, Awakening Joy is available online from February 4 – June 18 and Carmen Wyatt will be leading a twice-monthly Awakening Joy group based on the course.

### *Here's how it works*

**The course consists of 2 parts:**

- 1. Online component:** Twice per month, James and/or special guests present an online video class and other materials. There 10 topics (or steps), covered over 20 classes. Each video is available online for students to access for one year after it is presented. This portion of the course costs US\$200; however, if this rate is more than you can afford, you can contact James to request a lower rate.
- 2. Group component:** Twice per month, participants will meet in person as a group, facilitated by Carmen, to meditate, do some of the activities and discuss the teachings from the previous online class. As facilitator, Carmen is taking teacher training for the Awakening Joy course and will be guided by James. There is no charge for the group component.

The meetings will typically be two Monday evenings/month from 7:30 – 9PM, from February 11 through June 24<sup>th</sup> (See below for dates). The group will have a maximum of 10 people. **If you wish to participate, please mark the meeting dates in your calendar and plan to attend every meeting.** (The online material may be viewed any time after the date it is made available.)

### *Who can take part?*

This course is suitable for anyone committed to learning how to live a more joyful life. Those new to meditation as well as experienced practitioners are welcome.

*Interested?* To register, please contact Carmen at [carmw@telus.net](mailto:carmw@telus.net).

[See here to read more](#) about the online course, but **please do not sign up** for the online course until you have confirmed registration in the group with Carmen, in case the group is full. **Registration deadline: Friday, Feb 1<sup>st</sup>.**

### *Course dates:*

Month	Online classes available starting	Group meetings
February	4 <sup>th</sup>	11 <sup>th</sup> Monday
	19 <sup>th</sup>	25 <sup>th</sup> Monday
March	5 <sup>th</sup>	12 <sup>th</sup> Tuesday
	19 <sup>th</sup>	25 <sup>th</sup> Monday
April	2 <sup>nd</sup>	8 <sup>th</sup> Monday
	16 <sup>th</sup>	22 <sup>nd</sup> Monday
	30 <sup>th</sup>	
May	14 <sup>th</sup>	13 <sup>th</sup> Monday
	none	27 <sup>th</sup> Monday
June	4 <sup>th</sup>	6 <sup>th</sup> Thursday
	18 <sup>th</sup>	24 <sup>th</sup> Monday

*About James* – [Please see here](#) for James Baraz's biography

### *About Carmen*

Carmen has been practicing Vipassana meditation and studying the Dharma since 1998. She has taught meditation and Dharma study classes for 9 years and has completed Spirit Rock's 2-year Dedicated Practitioner program. She has sat many retreats with a wide variety of western teachers in the Insight Meditation tradition. Carmen brings joy, curiosity and a deep commitment to living the Dharma in daily life to her practice and teaching.