



Amitabha
Foundation
Australia

AMITABHA FOUNDATION PROGRAMME • 3RD TERM 2018

Learn to Meditate

This 3-week course starts with the deepest purpose of meditation, then teaches three different techniques from the Tibetan tradition.

Suitable for a wide range of people.

For new meditators as well as those wishing to refresh their practice.

Non-religious.

No enrolment needed. Chairs and cushions provided.

Suggested donation: \$10 per class.

MEDITATION COURSE

TUESDAY EVENINGS

TIME: 7:00 – 8:30PM

DATES: 28 AUGUST – 11 SEPTEMBER

79 Edgeworth David Avenue, Waitara (former Uniting Church)

Contact: Phone 8250 5213

EMAIL: amitabhafoundationau@gmail.com

www.amitabhafoundation.org.au