



Amitabha
Foundation
Australia

AMITABHA FOUNDATION PROGRAMME • 4TH TERM 2016

Learn to Meditate

All courses are held in the Amitabha Foundation
(formerly the Uniting Church), corner of
Edgeworth David Ave and Palmerston Road, Waitara.

Meditation Courses

Tuesday Evenings

7pm to 8pm • 18 October–8 November 2016

Wednesday Mornings

11am to 12 noon • 16 November–7 December 2016

A four week course for everyone – whether you are new to meditation or wish to refresh your practice or learn new techniques from the Tibetan tradition. Includes mindfulness of breath, meditating on an object, meditating on the energy centres (chakras), working with pain, and other techniques.

*No need to register – just come along.
Both chairs and meditation cushions are provided.*

The Amitabha Foundation is a registered not-for-profit organisation offering a range of meditation and other courses from the Tibetan Buddhist tradition, and supporting charitable and development aid projects in India, Nepal, Tibet and China.

More details on our website www.amitabhafoundation.org.au or Phone 8250 5213.

A donation of \$10 per class is suggested, less if you are unemployed or are experiencing financial hardship. We are committed to making our activities available to everyone, so this donation is voluntary. However, your generosity is what enables us to continue our activities for the benefit of all who need them.

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