

Amitabha Foundation Australia

1ST TERM 2019

Learn to Meditate

This self-contained 3-week unit is for anyone who would like to learn how to meditate. It is designed to be suitable for those of any religious faith or none.

This is also where anyone interested in following our programme of the practice and study of Tibetan Buddhism should start. Buddhism cannot be meaningfully engaged with unless we have a foundation of meditation, and the Tibetan approach to meditation differs in some ways from other techniques commonly taught.

New students are always welcome.

We provide chairs and meditation cushions.

A donation of \$10 per class is welcome but not compulsory.

MEDITATION COURSE

WEDNESDAY EVENINGS

TIME: 7:00 – 8:30PM

DATES: 6 FEBRUARY – 20 FEBRUARY

79 Edgeworth David Avenue, Waitara (former Uniting Church)

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