



TASHI CHOLING MAHAYANA BUDDHIST CENTRE

PRESENTS

MEDITATION PROGRAM FOR 2009

TUESDAY EVENINGS, 7:30 – 9 pm :

Buddhist teaching, meditation and discussion –

For people wishing to deepen their understanding and maintain an ongoing practice

Cost – by donation

WEDNESDAY EVENINGS, 6:30 – 7:45 pm :

Introduction to Meditation –

An opportunity to investigate and practice simple meditation led by experienced practitioners. Learn a way of finding some peace and centredness in an often painful and busy life

Cost – by donation

Both classes are open to anyone at any time!

ALL CLASSES ARE HELD ABOVE GOULD'S NATUROPATHICA,
2ND FLOOR, 73 LIVERPOOL ST

For more information about these classes please visit our website
www.tashicholing.net, or phone Kate MacNicol on 0432 630 796