

Buddhism for Mothers

Last Saturday of each month 3pm-5pm
Tashi Choling Buddhist Centre
2nd Floor, 71 Liverpool Street, Hobart
Down the laneway near Goulds Naturopathica
through brown door between two bamboos
Gold Coin Donation



Being a mother is a challenging path requiring great physical, mental and emotional commitment. It's filled with joys and sorrows. Sometimes our patience is tested or we get exhausted and don't function at our best.

Buddhist meditation practices of mindfulness, loving kindness and calm abiding can help develop patience, joy, kindness, compassion, equanimity and wisdom. Rich qualities that enable us to remain peaceful and kind to ourselves and loved ones. Allowing us to cope with the day to day challenges of motherhood with a good heart.

Monthly meetings will include meditation practice, teachings of the buddha, discussion and a cup of tea.

led by Madhu

Madhu Lilley is a Naturopath & Yoga Teacher (mother & step mother). A practicing Buddhist within the Tibetan Mahayana Tradition. She is a student of Zazep Tulku Rinpoche. For more information contact Madhu on 0407369012 or madhulilley@gmail.com