

Cecilie Kwiat



Thurs 4th June: Making Meditation Accessible

7pm–9pm

As a teacher Cecilie has particular skill in crafting traditional meditation techniques to accommodate individual needs. This talk will provide both beginning and continuing students with the opportunity to access Cecilie's skill and wisdom to help overcome any difficulties or obstacles students might be experiencing in their practice. There will be plenty of time for asking questions.

\$10 conc / \$15 waged + Dana



Cecilie Kwiat is a meditation teacher with skill in crafting traditional meditation techniques to accommodate individual needs.

A Canadian, attracted to the Buddha's teaching by the Venerable Namgyal Rinpoche's suggestion that she stop inner wars rather than outer ones, Cecilie has been focused on developing non-clinging, compassionate awareness to still the fires of suffering and ignorance.

Her main practices aim at increasing love, skill and a respect for the gift of what is present.

Cecilie is a teacher completely living by the gift of dana.

Sat 6th June: Loving Kindness, Compassion, Joy and Equanimity

10am–12pm, and 2pm–5pm

Cecilie will teach on the Brahmavihara, also known as the Four Immeasurables: loving kindness, compassion, joy and equanimity. Foundational to Tibetan Buddhist practice, contemplating these four immeasurable qualities through meditative inquiry opens the heart and mind, bringing about changes in attitude towards oneself and others.

“The practice of loving-kindness is one of the excellent tools to train the mind to move in the way of joy, choosing to live each moment with an open heart.” – *Cecilie Kwiat*.

\$30 conc / \$40 waged + Dana

A word on Dana.

Dana, the pali word for generosity, is an expression of appreciation for the gift of receiving teachings.

Giving as generously as you are able supports the continuation of the teachings.

TASHI CHOLING DHARMA FOUNDATION

Venue: Tashi Choling meditation room, Floor 2, 71 Liverpool St (above Gould's Naturopathica)

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