

PEACE MINDFULNESS & AWARENESS

Through
**Buddhist Philosophy &
Practice**

Module 3 Topics include: the Four Noble Truths;
Overcoming Fear, Anxiety & Depression; Loving
Relationships; and weekly Shamatha practice.

\$105 - 8 weeks (*concession available*)

STUDY THAT NURTURES HAPPY WISE

HUMANE BEINGS.

Enquiries & RSVP -

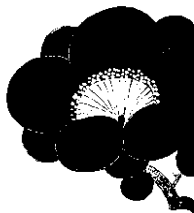
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WEDNESDAYS

27 July

at

The White House

6.00-7.30pm



RIGPA