

Meditation

**Drop in Meditation Classes
by donation**

Vajrayana Institute, 9 Victoria Square, Ashfield



Mindfulness.

**Regular drop in classes Tuesdays,
Wednesdays and Fridays
from 22 July to 26 September**

- Find inner peace and happiness
- Learn practical meditation skills

**All meditation classes suitable for beginners
For information call 02 9798 9644**

Drop in classes by donation – join at any time.

Suitable for new and experienced students.

Mindfulness Meditation with Wai Cheong Kok

Tuesday 22, 29 July 12, 19, 26 August 2, 9, 16, 23 September
7.00–8.00pm

Create peace in a busy life using simple mindfulness and concentration meditations.

Meditation for Awakening a Kind Heart with Ven Chokyi

Wednesday 23, 30 July 6, 13, 20, 27 August 3, 10, 17, 24 September
10.00–11.00am

Meditation for a Peaceful Mind with Ven Chokyi

Friday, 25 July 1, 8, 15, 22, 29 August 5, 12, 19, 26 September
10.00–11.00am

Peace begins in the mind and a peaceful mind benefits both you and those around you.

Medicine Buddha Meditation with Wai Cheong Kok

Sunday 20 July, 17 August, 21 September 10.30–11.30am

In this Healing Buddha meditation practice we have the opportunity to overcome many kinds of obstacles, including obstacles to health.

About the teachers

Ven Chokyi is a Buddhist nun in the Tibetan tradition and a resident of Vajrayana Institute. She has been meditating for many years and recommends this practice for anyone wanting to bring mindfulness into the activities of every day life.

Wai Cheong Kok has completed the 7 year FPMT Masters program in Buddhist philosophy, in Italy, and comes to Vajrayana Institute from Singapore as one of our resident teachers.



Telephone bookings 02 9798 9644

Drop in meditation classes by donation

Suggested donation \$12 or whatever you are able to contribute

Name

Address

Telephone Mobile

Email

Please send to: Vajrayana Institute PO Box 352, Summer Hill NSW 2130

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