

CALM ABIDING MEDITATION

A TWO DAY COURSE

Sunday 28th April Sunday 5th May 2024



Meditation helps change undesirable habits and improves self-confidence. It has a proven record in its ability to improve health, transform negative situations and awaken happiness and give a clear perspective on life. Calm Abiding Meditation can help you become relaxed, focussed and peaceful. It enables you to identify the real causes of unhappiness and recover from stress, anxiety and tension. The course will be run by Peter Morgan. Teaching meditation since 2003 and practicing since 1997, Peter can help discover the four foundations of mindfulness and encourage anyone wanting to find the benefits of meditation in their lives. This course includes works with the handbook "Taming the Elephant Mind" by Lama Choedak Rinpoche.

The course is suitable for beginners and those experienced in meditation

Transform your worries. Calm your mind.

When: Sunday 28th April Sunday 5th May
Time: 6pm till 7.30pm
Where: 6 Browallia Pl, Port Macquarie NSW 2444
Cost: This is by donation

For more information contact:

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