

CALM ABIDING BUDDHIST MEDITATION RETREAT



Come along for an enriching weekend of Calm Abiding Meditation
led by Lama Choedak Rinpoche

31st July – 2nd August 2009

Lama Choedak Rinpoche

is a Tibetan-born meditation master who has lived in Australia since 1985. As a former monk, he completed a traditional three and a half solitary meditation retreat sponsored by His Holiness the Fourteenth Dalai Lama.

Calm Abiding Meditation

as taught by Lama Choedak offers tried techniques that have been passed on in the Tibetan Buddhist Tradition for hundreds of years.

Lama Choedak will carefully guide you into each meditation session, teaching the fundamentals of Calm Abiding Meditation, so that complete beginners, as well as experienced meditators will go home with a set of self-transformative tools

VENUE & COST

Rainforest setting ~ Paluma, Mt Spec

Fully catered – Vegetarian

Heated dormitory accommodation

\$260 Regular or \$240 Concession

Phone Phil ~ 4773 4223

Email ~ pheang@bigpond.net.au

Public Talks

Magnetic Island

Yellow Jambala Teaching and Transmission

Time 7:15 pm

30th July ~ evening

Magnetic Buddha Dharma

36 Lilac St Nelly Bay.

JCU Padua Theatre

Satisfaction Through Less Wanting.

Time 2 pm

31st July

Phone Sharn ~ 4758 1190