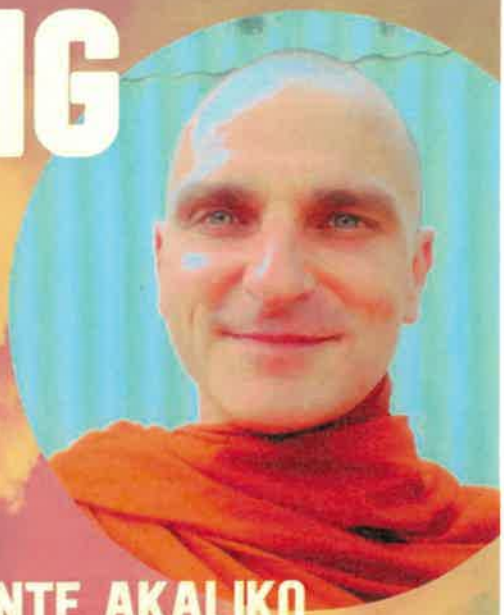
DEVELOPING A JOYFUL PRACTICE



A WEEKEND RETREAT WITH BHANTE AKALIKO

Sometimes our meditation practice can feel like a bit of boring chore. Learn how to bring enthusiasm back to your meditation through joyful contemplative techniques taught by the Buddha. Discover ways to inspire and uplift the mind and see how joy naturally leads to peace, stillness and wisdom.

Saturday 12th & Sunday 13th March
9am to 5pm

Womens Health Centre
225 Bolsover Street Rockhampton

Contact: Rhiannon 0483 061 410
rockhamptoninsightmeditation@gmail.com

This workshop is suitable for both new and experienced meditators.

The teachings are given free.

There is a fee of $100 to cover the costs of the workshop.

Lunch, morning and afternoon tea are provided on both days.

Another contact is Sama 0478 630 888