

# MINDFULNESS MEDITATION

In the style of Buddhist Zen Master  
Thich Nhat Hanh

2nd Saturday of the month

Time: 9 AM to 1 PM

Where: 104 Crompton St. Ballarat

Cost: By donation

Bring: Shared lunch

Please join us for sitting, walking eating meditation,  
DVD of Thich Nhat Hanh and qigong or yoga.

Beginners welcome.

For more information contact:

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