



Queensland Regional Buddhist Groups

Maleny



Teacher, Venerable Tenzin Namdag, an Australian Buddhist nun in the tradition of His Holiness the Dalai Lama

Refuge in the Three Jewels

WHAT: The sessions will consist of information, discussion and meditation in a friendly, supportive environment.

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WHEN: Friday 1, 8, 15, 22 September
from **9.30am – 11am**

WHERE: The Garden, Mountain View Road, Maleny

COST: \$150.00 for all four sessions

WHY: To train our minds so that we can lead happier, more productive healthy lives.

HOW: Come and join us to find out.

**For further information and to book
Contact: Pam on 0409 769 659**