



## TRADITIONAL BUDDHIST MEDITATION FOR BEGINNERS

Learn the techniques of Traditional Buddhist Meditation to bring mindfulness, mental tranquillity and emotional positivity into your everyday life. This course is run by local trainer, Sanghamati who is a practicing Buddhist with experience in helping people learn the lifelong skill of Meditation. The meditation techniques taught can be used by anyone regardless of religious beliefs.

This short course is also the perfect starting point to proceed to the on-going fortnightly Buddhist Meditation Group. The Meditation Group is a great opportunity to learn more about the Buddhist life style while also being guided through Traditional Buddhist Meditation techniques.

### **Class Details:**

Venue: SEAL, 91 Hyland Street, Warrnambool  
Tutor: Dh Sanghamati  
Tuesdays: 13 February to 6 March 2018  
Time: 6.30pm – 8pm

**COURSE FEES:** \$45 4 session

Gift Vouchers available at  
Reception!!

### **For More Information**

To enrol in this course or for more information, please contact Reception or follow these links:

Ph: (03) 5562 6099

Fax: (03) 5561 2049

Email: [reception@seal.org.au](mailto:reception@seal.org.au)

Website link: <http://www.seal.org.au>

### **Enrolment/Cancellation Conditions**

Enrolments must be accompanied by full course payment. We accept any of the following forms of payment: Cash/Cheque/MasterCard/ Visa or EFTPOS. Information on our withdrawal/refund policy will be provided on enrolment. This information is also available at [www.seal.org.au](http://www.seal.org.au)