

# Half-day courses

with Ai Peng McBretney



## Learn to meditate: the basics

Sat 7 Feb    Sat 4 Apr    Sat 20 June  
10am - 1pm | Fee: £20 (inc lunch)

These half-day course are the perfect introduction to meditation. The courses include guided meditations and advice on using meditation to solve daily problems.



## Seeing through stress

Sat 7 Mar, 10am - 1pm | Fee: £20 (inc lunch)

Through meditation we can learn simple and practical ways to let go of the stresses and strains of a busy life and find some peace and perspective.



## The Buddhist way of loving kindness

Sat 9 May, 10am - 1pm | Fee: £20 (inc lunch)

By genuinely cherishing everyone we shall always act with loving kindness, in a friendly and considerate way. Others will not act unpleasantly towards us, and there will be no basis for conflict or disputes.

*Please book in advance by post, by phone or online. Indicate the event(s) you wish to attend, complete the form below and enclose £10 deposit per event.*

Name

Address

Postcode

Tel

Email

Total fee for event(s) enclosed £\_\_\_\_\_ or Deposit enclosed  £\_\_\_\_\_

Cheques payable to 'Duldzin Dragpa Kadampa Buddhist Centre'