

MEDITATIONS & REFLECTIONS ON Buddhist Wisdom Perspective and Practice 'Working with Choices & Challenges in Contemporary Times'

With **Ajahn Tiradhammo and Venerable Pannyavaro**

This Full-Day Mindfulness Meditation Retreat will offer Insights and Understandings from Buddhist Wisdom in working with the choices and challenges that present in these times of change.

Ajahn Tiradhammo and Venerable Pannyavaro will share their wealth of Insights and Understandings from their over 40 years of Buddhist practice living around the world, teaching and leading Buddhist Communities.

This Full-Day Meditation Retreat will offer time to sit and walk in Meditation, ask questions, gain clarification and insight.

Join with other like-minded people, interested in living more Mindfully with Wisdom and Kindness.

Please bring a notebook, pen, water and warm clothes and a plate of food to share for lunch.

**Full Day Retreat
Sunday
5th April 2020
9.30am to 3.00pm**

Venue:
**Bodhi Tree Forest
Monastery & Retreat
Centre, 78 Bentley Road,
via Lismore, Tullera, NSW.
2480**

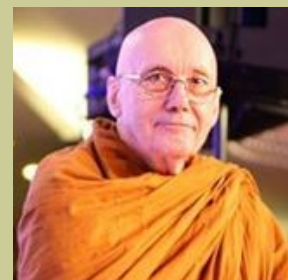
Cost By 'Dana'
*(your monetary expression of
generosity for the Teachings &
Guidance) to support the
Monasteries.*

Register now:
info@wellawareness.com.au



Venerable Ajahn Tiradhammo,
Senior Buddhist Monk at
Wat Buddha Dhamma Forest
Monastery, Wisemans Ferry NSW

Venerable Pannyavaro,
Abbot of Bodhi Tree Forest
Monastery, Lismore NSW



WELL-AWARE-NESS Psychology
www.wellawareness.com.au info@wellawareness.com.au
Like us on FACEBOOK