

Byron Mindfulness-Insight Meditation Sangha



Please join us at our mindfulness and insight meditation gathering. Classes are held from **6.45pm to 8.45pm on Tuesday evenings at the Mongolian Yurt, Temple Byron** www.templebyron.com

The class follows a practical format, providing meditators with the opportunity to take part in a silent sitting and guided meditation. Followed by a short tea break, a dharma talk and themed discussion.

Born in Siam, Pairoj Brahma was a forest Buddhist monk for 12 years and has been practicing mindfulness-insight meditation for over 30 years. Pairoj has held numerous meditation courses for both adults and children in Siam, India, Europe and New Zealand. He is a socially engaged Buddhist and has been a Waldorf/Steiner Teacher since 1996, educated young children for over 20 years. Pairoj is a passionate and compassionate Dharma teacher who loves engaging with people from all walks of life. He loves to share dialogue on life and love, encouraging others in finding their truth, freedom, love and compassion.



Born in England, Maggie Clark did not discover the dharma until she came to Australia although she has been searching for freedom her entire life through various means. Dharma has been her life for over 15yrs. She taught children Buddhism for 8 years in the surrounding area, most recently for 4 years at Byron High School. Last year she made the transition to teaching adults and recently, in addition to teaching in her home town of Pottsville, she has joined Pairoj at the yurt.

Teachings are given as a gift to the community. But donations are gratefully received as they assist with rent, tea and supporting the teachers
Phone Pairoj on 0423241916 or Maggie on 0409611845.