



TWO DAYS OF MINDFULNESS with Patrick Kearney

Mindfulness brings us to a path that leads toward a flourishing human life. Once we understand the basic principles underlying it, we can apply mindfulness to any situation in our lives.

In this non-residential workshop Patrick will introduce you to the practice of mindfulness as it was understood by the Buddha. We are not concerned with “religion” or any dogmatic beliefs, but only with the systematic exploration of the nature of human experience.

All welcome – experienced and beginners – please wear comfortable clothing suitable for body work.

Cost: \$88 + dāna/donation. The *\$88 (covers both days) pays only for the venue hire, morning teas and other event expenses. In accordance with Buddhist tradition, Patrick’s teaching is provided as a gift to his students because dharma cannot be bought or sold but received and transmitted only as a gift. An opportunity to return Patrick’s gift, in the form of material support, will be offered on the day. Patrick lives on the gifts he receives from his students.

12th – 13th
October 2019

Patrick teaches mindfulness meditation in Australia and overseas and has trained extensively in South and South – East Asia. He has studied the classical languages of early Indian Buddhism and applies his understanding of the Buddha’s teachings to life in our contemporary world.

For more about Patrick and his teachings go to
dharmasalon.net

**TEMPLE
BYRON**

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For bookings and more info see www.byronbaymeditationcentre.com.au or contact Greg by phone 0431747 764 or email geowens2481@gmail.com