

East Meets West Meditation with Patrick Robinson

Phone: 0434 412 198



Where: **Chrysalis Relaxation Centre
129 Mulgrave Road**

When: **Wednesdays 11 am – 12 noon**
Wednesdays 6 pm – 7 pm
Fridays 2 pm – 3 pm

Cost: **\$10 (Concession \$5)**

Patrick has been a practising Buddhist since 1996. In that time he has studied meditation with renowned Western teachers such as Jack Kornfield and Robert Thurman and has been granted a Chenrezig empowerment by His Holiness the Dalai Lama.

Since retiring in 2015 from the corporate world of Sydney to beautiful Far North Queensland Patrick has embarked on a personal journey gaining knowledge of how western psychology is using ancient wisdom traditions to soothe the minds of those struggling with the burdens of modern life.

From this research he has developed practices inspired by great academics from the brain sciences such as Dr Daniel Siegel and Prof Jon Kabat-Zinn as well as New York Times bestselling author Sharon Salzberg.

For the benefit of others he has written over 100 practices, which he will share through guiding meditations in one hour sessions that will commence on Wednesday 23 January 2019.