

MINDFULNESS IN CAIRNS

with **PATRICK KEARNEY**

**Saturday 16 – Sunday
17 March 2019**

9:30 a.m. – 4:30 p.m.

**Chrysalis Relaxation Centre
129 Mulgrave Rd Parramatta Park**



Mindfulness lies at the heart of the Buddha's teaching and has recently been taken up in contemporary psychology as a means of promoting physical and mental health. This workshop will explore the nature of mindfulness and its practice as taught by the Buddha and apply it to the conditions of our contemporary life.

The workshop is suitable for experienced and beginning practitioners. Morning tea will be provided both days, along with a light lunch on Saturday only.

WHAT TO BRING: Please wear comfortable and loose clothing suitable for bodywork. Bring your own cushion or other equipment for meditation. Cushions should be *firm*, not soft like, for example, foam or similar material.

COST: By donation. In accordance with Buddhist tradition, Patrick's teaching is provided as a gift to the community of Cairns. The dharma, which includes both the Buddha's teaching and the reality this teaching points toward, is priceless. Dharma cannot be bought or sold, but can be transmitted and received only as a gift. An opportunity to return Patrick's gift, in the form of material support, will be offered on the day.

Patrick has trained in the Zen and Theravada traditions of Buddhism for 40 years. One of the most experienced dharma teachers in Australia, he teaches workshops, study courses and meditation retreats throughout Australia and abroad. Patrick applies the original teachings of the Buddha to everyday life in the contemporary world.

For more about Patrick and what people say about him, and for his teachings and schedule, go to: www.dharmasalon.net.

Bookings & further information: Contact Devaki at kandubodacentre@gmail.com, or phone 047 863 0888.