

# *Introduction to Buddhist Meditation*

## *Level 2*



*3 consecutive Tuesdays evenings 7:00 - 9:00pm*  
*November 30th - December 14th 2010*

*Cost:- \$ 33*

*This short course is particularly suitable for those who have already been introduced to the two main Triratna Buddhist Community meditation methods practiced at all Triratna public centres and retreats, and who wish to deepen their experience and understanding of the meditations.*

*Course instructor:- Dharmachari Dayasiddhi*

*Please contact us if you have any questions or wish to reserve your place*

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