

Calm Abiding Meditation Retreat ***with*** **Lama Choedak Rinpoche**

Calm Abiding meditation suits people from all walks of life. It can be the greatest gift that you give yourself, for it will enable you to change your perception of your work, your surroundings, and most importantly of yourself. **Lama Choedak Rinpoche** is one of few Tibetan Meditation Masters living in the West. His teachings are lucid and practical, accommodating the needs of both beginners and advanced meditators.

6pm Fri 3rd to 3pm Mon 6th August, 2012
Held at the Monastery, Cross Road, Glen Osmond

*Fully vegetarian catered **residential** retreat with air-conditioned accommodation in peaceful garden setting*

Full weekend - \$450 waged / \$400 concession
We are also offering a non-residential option as follows:-
Full weekend - \$320 waged / \$300 concession

To secure your place, complete the form below and return with a \$100 booking deposit to:

Adelaide Non-Sectarian Buddhist Group

PO Box 573, Glenside SA, 5065

Enquiries email retreat@tsechen.org.au or phone Annie 08 8364 7226

Calm Abiding Meditation Retreat Booking Form (2012)

Name: _____

Address: _____

Email: _____ Phone : _____

I will be attending (please circle that which *does* apply): (All meals are included)

- **Full weekend - residential** at a cost of **\$450** waged / **\$400** concession
- **Full weekend - non-residential** at a cost of **\$320** waged / **\$300** concession

Please tell us if you have any serious food allergies: (ie gluten)

Please show loving kindness to our organisers and book early – Thank you