



Samata Samashti Dharma

FINDING INNER PEACE
WORKSHOP - Part 1
Presented by Kabir

Exploring how a regular meditation practice will lead to altered states of mind resulting in quicker recovery from stress and a calmer state of mind.

In the first workshop of the year we will examine the levels of the mind that require refinement to attain inner peace. The aim should be a gradual refinement of character rather than dramatic spiritual experiences.

Date: Sunday 17th March

Time: 2:00pm - 4:00pm

Venue: Mount Duneed Hall

40 Mount Duneed Road, Mount Duneed

Cost: \$51.00

Direct Debit Payment to Satya Centre

BSB: 633 000 Account No: 158468033

Please add your name when paying by Direct Debit

Bring your own pen and paper

Afternoon tea will be supplied

Bookings Essential: Contact Anita on M: 0448 324 332