

JULY CALENDAR



Wednesday Nights, starting @ 7:00pm

The Forge, 341 Barker Street, Castlemaine (in the front room)

Wednesday, 11th July, 7:00pm – 9:00pm:

Every 2nd Wednesday of the month: Starting this week, we'll hold an extended session, led by Robyn, as follows:

7:00pm – Sitting meditation, with instruction

7:45pm – Walking meditation

8:10pm – Sitting meditation, with minimal instruction

8:45pm – Short discussion / question & answer

Wednesday, 18th July, 7:00pm – 8:00pm:

Short dharma reading, and 45-minute silent sit, facilitated by Geoff

Wednesday, 25th July, 7:00pm – 8:00pm:

Every 4th Wednesday of the month: 45-minute sitting meditation with instruction, led by Robyn. Followed by a short dharma talk (on an aspect of the Buddha's teaching). The teachings offered by Robyn via this talk are offered freely, in the Buddhist tradition. Your monetary donation in response is appreciated – a dana box will be provided.

What's provided:

Floor pads, meditation cushions, stools, chairs, bolsters and blankets

Cost:

Gold coin or small note donation is appreciated (towards venue hire).

Dharma talks are offered on a dana basis – your monetary donation in response is appreciated, in the Buddhist tradition.

Contact:

Robyn - 0408 759 754, or
robynleegibson@gmail.com

Suitable for beginning, and experienced, meditators



CASTLEMAINE
INSIGHT MEDITATION