

SEPTEMBER CALENDAR



Wednesday Nights, weekly @ 7:00pm

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

Wednesday, 5th Sept., 7:00pm – 8:00pm:

Short dharma reading, and 45-minute silent sitting meditation, facilitated by Geoff Hannon

Wednesday, 12th Sept., 7:00pm – 9:00pm:

Every 2nd Wednesday of the month: An extended session, led by

Robyn Gibson, with instruction provided:

7:00pm – Sitting meditation

7:45pm – Walking meditation

8:10pm – Sitting meditation

8:45pm – Short discussion / question & answer

Wednesday, 19th Sept., 7:00pm – 8:00pm:

Short dharma reading, and 45-minute silent sitting meditation, facilitated by Geoff Hannon

Wednesday, 26th Sept., 7:00pm – 8:00pm:

Every 4th Wednesday of the month: 45-minute sitting meditation with instruction, led by Robyn Gibson. 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.

Contact:

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

Suitable for beginning and experienced meditators

Castlemaine Insight Meditation, a sub-group of Melbourne Insight Meditation



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