

Courses & events

with Ai Peng McBretney



○ Dealing with anger

Sat 18 Oct, 10am - 4pm | Fee: £30 (inc lunch)

Learn practical methods that Buddha taught to help free the mind from the inner poison of anger.



○ Learn to meditate in half a day

Sat 15 Nov, 10am - 1pm | Fee: £20 (inc lunch)

This course includes guided meditations and advice on using meditation to solve daily problems.



○ Developing inner peace

Sat 13 Dec, 10am - 4pm | Fee: £30 (inc lunch)

The real source of happiness is inner peace. If our mind is peaceful we shall be happy all the time.

Name

Address

Postcode

Tel

Email

Total fee for event(s) £_____ Deposit enclosed £10 £20 £30

Please make cheques payable to 'Duldzin Dragpa Kadampa Buddhist Centre'

Contact: Duldzin Dragpa Kadampa Buddhist Centre

5a Buttercross Lane, Epping, Essex CM16 5AA

01992 571354 | info@duldzindragpa.org

meditateinhertsandessex.org

A member of the New Kadampa Tradition - International Kadampa Buddhist Union

