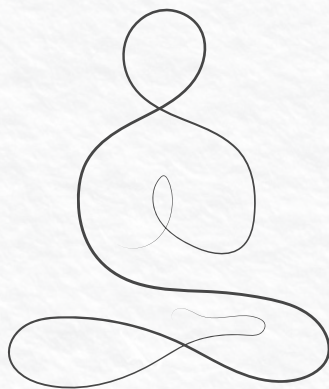


MEDITATION & BUDDHISM

Weekly Classes | 7pm Wednesdays
Ballarat Mechanics Institute | 117 Sturt St



September - December 2023
meditateinballarat.org

MEDITATION & BUDDHISM

Our classes offer simple, practical methods to improve the quality of our life and develop inner peace through meditation and Buddhist teachings. Classes consist of two guided meditations and a teaching to help us solve our daily problems and find the lasting happiness we seek. Beginners welcome.

Upcoming Class Topics:

- Learn to Meditate | 23, 30 Aug | 6, 13 Sep
- Living in the Moment | 20, 27 Sep | 4 Oct
- Daily Rituals for Inner Peace | 11, 18, 25 Oct | 1, 8 Nov
- Anger Management | 15, 22, 29 Nov | 6, 13 Dec



The Teacher

Christielli Portela has been teaching modern Kadampa Buddhism for a decade. As an experienced and well-loved teacher, she inspires people to use Buddhist meditation to improve their lives through her sincere example and clear teachings.

Class Information

When: Wednesdays 7-8.30pm | **Cost:** \$15 | Free for KMCA Centre Members

Venue: Ballarat Mechanics' Institute | 117 Sturt St, Ballarat

No booking required | Drop-in any week

For more info scan the QR code or see meditateinballarat.org



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meditateinballarat.org | ABN 86 114 195 550
KMC Australia is a not-for-profit organisation

