

Free
Event

Meditation

Open Day in Springwood, Brisbane

Experience a peaceful day in a tranquil bushland setting. Come for all OR part of the day.
For beginner and experienced meditators.

- ✿ Eight experienced meditation teachers
- ✿ Meditate in a tranquil bushland setting
- ✿ Inspiring talks
- ✿ Relax with beautiful spiritual music
- ✿ Vege share lunch
- ✿ Tai Chi Qi Gong

Teachers: Local and international teachers present a variety of meditation techniques, including:

Arno Hess – Founder and teacher of Pathway Zen

Jason Siff – Author of *Unlearning Meditation* and *Thoughts Are Not the Enemy*

Nicolette Ward – Holistic Counsellor, 15 years of training in Polynesian Healing Systems

Dae Haeng – The founder and teacher of The Phoenix Zen Centre in Brisbane

Lulu Cook – A nutritionist and health coach, lead teacher at Heart Insight Meditation Brisbane

Pee Tek Chan – GP, meditation teacher for 40 years in East/West traditions, author of *Sacred Surfer, Eternal Wave*

Event organizer:

Bodhi Chan Meditation Centre

223 Dennis Rd, Springwood Phone: (07) 3808 5661

When: Saturday October 12th 9:00am – 5:00pm

Where: 223 Dennis Rd, Springwood QLD

Fees: Free of charge. Donation appreciated.

Lunch: BYO Vege lunch. (Opportunity to share)

Things to bring: BYO cushions, chair, sun hat, sunscreen, water, etc.

Tea and coffee are provided.



Appreciated if you can express your interest in attending by emailing info@bodhichan.com
More information at <https://bodhichan.weebly.com>