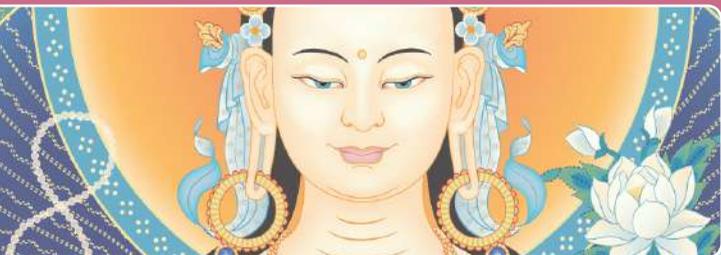


NYE MEDITATION & CELEBRATION

MON 31ST DEC 2018
9PM-MIDNIGHT \$60/50



Ring in the new year in a meaningful way at our Centre in Wamberal! From 9pm to 10:45pm, enjoy delicious vegan canapés, desserts, non-alcoholic beverages and the company of fellow celebrants. Then, from 10:45pm through to midnight, Gen Dawa will offer a brief introduction to the meditation practice of the Buddha of Compassion, followed by the practice itself and a guided meditation to take us into the new year. Everyone is welcome to this special event.



JANUARY 14-20 2019 MEDITATION CHALLENGE

DROP-IN ★ 7-8.30PM ★ \$12/10 CONC

- DAY 1 MON 14TH FINDING PEACE IN A CRAZY WORLD
- DAY 2 TUE 15TH THE PATH TO HAPPINESS
- DAY 3 WED 16TH THE POWER OF INTENTION
- DAY 4 THU 17TH HEALTHY RELATIONSHIPS
- DAY 5 FRI 18TH WHAT IS LOVE? ♥
- DAY 6 SAT 19TH COMPASSION IN ACTION
- DAY 7 SUN 20TH A MAGICAL BREATHING PRACTICE

ALL INCLUSIVE CHALLENGE CARD AVAILABLE FOR \$50

EVENING TALKS FOLLOWED BY CHAI TEA & SWEET THINGS



THE GROVE, 165 WILLOUGHBY ROAD,
WAMBERAL, 2260 NSW / 4385 2609
INFO@CENTRALCOASTMEDITATION.ORG

Meditation is a way of calming the mind, making us more peaceful, balanced and focused in our daily lives. It enables us to awaken our spiritual potential and find lasting joy and contentment.



Buddhism is a path of individual transformation that teaches us to look within ourselves for the peace and happiness we seek. Through developing our minds of wisdom and compassion we can improve the quality and enjoyment of our life, and gain greater power to help others.

KHEDRUBJE KADAMPA BUDDHIST CENTRE



Set in tranquil grounds, the Centre is a peaceful refuge providing an escape from busy life and an opportunity to learn about meditation and modern Buddhism.

We offer a full program suitable for everyone: drop-in classes; silent retreats; kids classes; in-depth study programs; and many social events. **Everybody welcome.**

Living at the Centre
If you wish to deepen your practise you can even live here. The many benefits include the peaceful setting, supportive community and easy access to our spiritual program. *Contact us for details.*



A member of the
New Kadampa
Tradition
International
Kadampa
Buddhist Union



CENTRALCOASTMEDITATION.ORG

MEDITATION & BUDDHISM

JAN-APR
2019



UMINA
WOY WOY
WAMBERAL
CHARMHAVEN
HOLGATE



INCREASING THE PEACE ON THE CENTRAL COAST

DAYTIME DROP-INS
11AM-12PM \$10/8 CONC

EVENING DROP-INS
7-8.30PM \$12/10 CONC

COURSE SUBJECTS - FROM WEEK TO WEEK

THE FOUNDER of Kadampa Buddhism in the West, **Geshe Kelsang Gyatso** has written 23 highly acclaimed books and established many meditation centres and groups worldwide.



UMINA
umina beach yoga, 234 west st
MONDAYS
meditation for beginners
feb 4, 11, 18, 25
compassion in action
mar 4, 11, 18, 25
heart of wisdom
apr 1, 8, 15

WOY WOY
cwa hall, the boulevarde
MONDAYS
stop worrying, start living
feb 4, 11, 18, 25
buddhist way of loving kindness
mar 4, 11, 18, 25
three steps to happiness
apr 1, 8, 15

DAYTIME CLASSES

February - Meditation For Beginners

- Week 1 What is Meditation?
- Week 2 The Benefits of Meditation
- Week 3 How to Begin Meditation
- Week 4 How to Meditate



March - Compassion in Action

- Week 1 What is Compassion?
- Week 2 Taking Suffering Away
- Week 3 Bestowing Peace of Mind
- Week 4 A Special Breathing Meditation



April - Heart of Wisdom

- Week 1 What is Wisdom?
- Week 2 The Four Noble Truths
- Week 3 The Heart Sutra



KIDS CLASSES

FRIDAYS 4-5PM

Classes introduce children to stories, meditations and games designed to help them develop a happy, peaceful mind. Each class finishes with a craft session. Suggested age 5-10 years / \$6



- » FEB 8
- » MAR 22
- » APR 26

FRIDAY NIGHT TALKS

FRIDAYS 7.30-9PM / \$12

Start the weekend with inner peace! Make an evening of it and enjoy two courses of vegan food from 6pm.

Extra \$15 / Book for meal online.



- » FEB 8
- » MAR 22
- » APR 26

WAMBERAL
khedrubje centre
TUESDAYS
meditation for beginners
feb 5, 12, 19, 26
compassion in action
mar 5, 12, 19, 26
heart of wisdom
apr 2, 9, 16

CHARMHAVEN
lakespa, 1 callaghan cl
TUESDAYS
stop worrying, start living
feb 5, 12, 19, 26
buddhist way of loving kindness
mar 5, 12, 19, 26
three steps to happiness
apr 2, 16 (no class week 2 - april 9)

EVENING CLASSES

February - Stop Worrying, Start Living

- Week 1 How Meditation Helps
- Week 2 What is Mindfulness?
- Week 3 Dealing With Anxiety
- Week 4 Learning to Let Go



March - Buddhist Way of Loving Kindness

- Week 1 Developing Unconditional Love
- Week 2 Cultivating Gratitude
- Week 3 Changing Our View of Others
- Week 4 Developing Humility



April - Three Steps to Happiness

- Week 1 Pure Mind, Pure World
- Week 2 Seeing the Buddha Within
- Week 3 The Meaning of 'I'



SATURDAY SILENT RETREATS

Retreat conditions without having to leave the Coast! Sessions include guided meditations and practical advice. \$60/50 conc.



- » MAR 9
- » APR 13
- » MAY 11

VEGAN BIG BREKKIES
SUNDAYS 8.30-10.30AM / \$20

A popular event, the morning begins at 8.30am with guided meditation, followed by a vegan buffet at 9am.

We cater for gluten-free.



- » FEB 17
- » MAR 24
- » APR 28

HOLGATE
bamboo buddha, 221 wattle tree rd
THURSDAYS
meditation for beginners
feb 7, 14, 21, 28
compassion in action
mar 7, 14, 21, 28
heart of wisdom
apr 4, 11, 18

WAMBERAL
khedrubje centre
WEDNESDAYS
stop worrying, start living
feb 6, 13, 20, 27
buddhist way of loving kindness
mar 6, 13, 20, 27
three steps to happiness
apr 3, 10, 17

6PM COMMUNAL MEAL

On Wednesday nights we offer a vegan, communal meal before our 7pm class / Extra \$10 / Gluten-free options / See website to pre-book.



CENTRE CARDS

Attend regularly? Centre Cards allow you to attend more, for less. Ask at class for details.



LIVING MEANINGFULLY, DYING JOYFULLY



In this **special Sunday class**, Gen Kelsang Dawa shares profound yet practical teachings for living a happy and meaningful life, preparing for death and helping others who are dying.

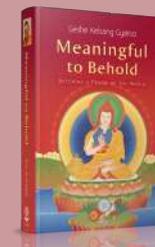
khedrubje centre, 11am-12pm, \$10/8 conc

FOUNDATION PROGRAM (FP)

An in-depth study program for those wishing to integrate their practice into daily life. FP requires weekly attendance. Trial either class at any time.

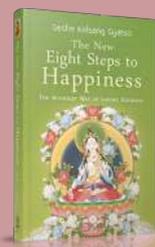
MEANINGFUL TO BEHOLD

8 STEPS TO HAPPINESS



SUNDAYS 3-6PM

Learn how to make your activities more beneficial and meaningful.



THURSDAYS 7-9PM

A timeless commentary to the practice of loving-kindness.