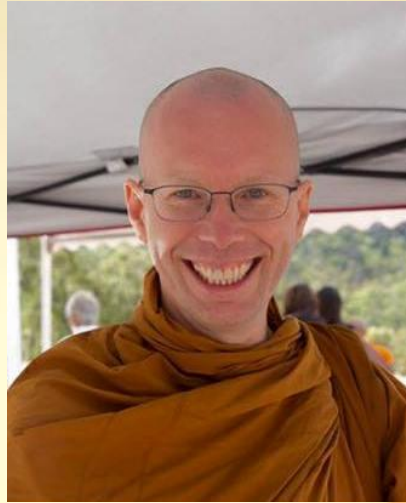


Free Meditation Session



Buddhist meditation practices are techniques that encourage and develop concentration, clarity, emotional positivity, and a calm seeing of the true nature of things.

The Buddhist Association of the Goulburn Valley would like to invite you to attend a mediation session conducted (in English) by Venerable Dr Buddhakkita.

Location

Shepparton Senior Citizens Centre
(132 Welsford St, Shepparton VIC 3630)

Date

Saturday 3rd of February 2018

Time

12.00 noon to 1.30 pm

For further information please contact

Sam Atukorala on 5831 2395



**ETHNIC COUNCIL
OF SHEPPARTON
AND DISTRICT Inc.**



SHEPPARTON INTERFAITH NETWORK