

# 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 Phra Ronrawee from Dhammakaya Meditation Centre Melbourne - Sunbury

Location

## Shepparton Senior Citizens Centre

(132 Welsford St, Shepparton VIC 3630)

Date

## Saturday 18<sup>th</sup> of August 2018

Time

## 10.00 am to 11.00 am

For further information please contact

Sam Atukorala on 5831 2395



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



  
**SHEPPARTON INTERFAITH NETWORK**

  
**GREATER  
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