



Sakya Choekhor Lhunpo

Melbourne Sakya Centre

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Dear Members, Friends of Sakya Choekhor Lhunpo.

To follow is the new program for the centre's Dharma activities with the spiritual director, Lama Konchok Choephel.

We look forward to seeing you there and sharing the practices and teachings. Please note the change of date for the regular, monthly Shamatha & Green Tara practice after the 8th & 15th August.

Shamatha practice, including Q & A time with Lama Konchok

10am Sunday 8th August, then on the 1st Sunday of the month from September. For one hour.

At Somatic Yoga Centre, 226A Glenferrie Rd, Malvern (Upstairs, opp. Cold Rock ice cream parlour).

By donation, though a facility fee of \$5 is requested to cover costs.

Suitable for beginners and longer term meditators.

Shamatha is the Tibetan term for single pointed meditation. This can involve concentrating on one thing such as one's breath, a picture of a deity, or a blue flower. The purpose is to increase our ability to concentrate and focus. Without this ability, we cannot deepen our practice or gain the deepest understanding of key Buddhist teachings. (Drogmi centre, Sydney)

Green Tara practice

10am Sunday 15th August, then continuing on the 2nd Sunday of the month

At 36 Head St, Brighton. Please arrive prior to 10am and text/call 0402518196 to gain access. No prerequisites, as this is a puja. Approx 1 hour

Conversations with Lama Konchok

10am Sunday 22nd August, then continuing on the 4th Sunday of the month

The first of these teaching sessions will be on The Four Noble Truths, the first teaching the Buddha gave after His Enlightenment in Deer Park, India. This subject, as with others, may extend over 2 wks and each will be over 1-1&1/2 hrs, with opportunity for Qs, discussion. At Somatic Yoga Centre

\$15 non members; \$10 members/concession. Bookings by cheque/money order to Melbourne Sakya Centre PO Box 183, Sth Yarra, 3141

No credit card facilities available

Enquiries: enquiries@melbournesakya.org.au or see website www.melbournesakya.org