

Healing Meditations for a Positive Life

Saturday July 15th, 2.00-5.00

At Yoga Akasha

**Create space and inner peace in your mind!
This half day course is suitable for everyone.**



BODHISATTVA KADAMPA MEDITATION CENTRE

In this half-day course we will learn the art of meditation. This skill can empower us to live a full and happy life, free from mental and physical discomfort, inspiring and uplifting us to take control of our future. Refreshments will be available.



Bodhisattva Kadampa Buddhist Meditation Centre, based in Brighton, East Sussex, is a special place of tranquillity, rest and reflection. It is home to an international Kadampa Buddhist community of 30 lay and ordained residents.

The Buddhist centre is open to the public and offers a variety of Buddhist meditation classes, day courses, and weekend meditation retreats that are suitable for beginners and more experienced meditators. For those attending our weekend courses, we also offer comfortable single, twin, and dormitory accommodation.

The centre is located within two acres of quiet leafy grounds and is a haven of peace in the city of Brighton. We are just a few minutes' walk from local parks and the sea front and a short drive from the South Downs National Park – an area of protected countryside and natural beauty. There is something here for everyone – so come and visit!

With: This half day course in East Grinstead will be led by Steve Cansdale, who has taught Buddhism for many years and lives at the Buddhist Centre in Brighton.



Class format:

2.00 – 3.15 pm: Teaching & Guided Meditation

3.15 – 3.45 pm: Refreshments

3.45 – 5.00 pm: Teaching & Guided Meditation

Date: Saturday July 15th, 2.00-5.00

At: Yoga Akasha

Cost: £12

Booking: [Please click here](#)

Yoga Akasha

1st floor, The Old Mill, 45 London Road,
East Grinstead, West Sussex, RH19 1AW

www.yogaakasha.co.uk

