

Meditation for Inner Peace

Tuesday September 19th, 2.00-3.00

At Yoga Akasha

**Create space and inner peace in your mind during your day!
This lunchtime meditation is suitable for everyone.**



BODHISATTVA KADAMPA MEDITATION CENTRE

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 who share a wish to make their lives meaningful by finding lasting peace and happiness from within and helping others to do the same.

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!

This simple, practical, and concise one hour meditation class in East Grinstead will be a positive boost to your week and include peaceful meditations and Buddhist "wisdom sound bites" for you to carry with you in your meditators "tool box" throughout the week. Tea and biscuits included.

With: This session will be led by Jody Lawrance, who has enjoyed being part of the Buddhist community in Brighton since 2007.

Date: Tuesday September 19th

Time: 2.00-3.00

At: Yoga Akasha

Cost: £4

More info: Jody@YogaAkasha.co.uk

[Please book here](#)



Yoga Akasha

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