

ONLINE MEDITATION CLASSES

The current unknown situation we are in has presented new challenges for everyone. Financial hardship and uncertainty about the future is something we face as a community and can be the cause for anxiety and fear both individually and as a collective.

In order to help learn new skills or maintain our current meditation practice, the DrolKar Centre is offering Mindfulness Meditation classes online on Tuesday at 1pm and Friday at 11am.

These classes are geared towards everyone and are general mindfulness tools to assist with managing our anxiety and stress and to promote a feeling of wellbeing and calm within ourselves.

Although our classes are offered at no charge we are happy to accept donations and membership so we can keep paying our bills and supporting our spiritual community.

For further information on joining classes or for any queries contact us at info@drolkarbuddhistcentre.org.au

www.drolkarbuddhistcentre.org.au



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Register your interest if you want to join Drol Kar online meditation classes 'Healing Group' & 'Finding the Stillness Within'. Please contact info@drolkarbuddhistcentre.org.au
Donations welcome



Valerie Druce



Carl Kay

online meditation classes

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