



Let's Talk About Death
Meditation Workshop | Sun 2 Apr

LET'S TALK ABOUT DEATH MEDITATION WORKSHOP

We are alive, therefore we will die. This is the simplest, most obvious truth of our existence, yet very few of us have really come to terms with this fact.

During this workshop, Buddhist nun, Gen Kelsang Ani, will explain how, by developing a deeper understanding of the death process, we can derive greater meaning from every day of our life; how we can approach our own and others' deaths with a positive perspective; and how we can protect ourselves and help others at this most defining moment of life.

DATE & TIME: Sun 2 Apr • 10am - 2.30pm

FEE & BOOKINGS: \$65 - includes lunch and refreshments.
Booking required, visit our website.

VENUE: Kadampa Meditation Centre Brisbane,
109 Leichhardt Street, Spring Hill, QLD 4000



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