



## Tuesday Evening Meditation Programme 2009/10

**Time:** 7.30pm-8.30pm **Price** £4.50 (reductions for unwaged)

**Location:** 189 Long Street Atherstone CV9 1AH, Tel:01827 719926.

### Autumn Programme:

**The Elements:** This is a six-week programme looking at air, earth, water, fire, space & consciousness. Based on the work of Caroline and David Brazier this programme will give you an opportunity to explore life and its many dimensions.

**Tutors:** Rev.Susthama Kim/Dawn Hart. **Dates:** Tues 15<sup>th</sup> Sept –Air ~ Tues 22<sup>nd</sup> Sept –Water ~ Tues 29<sup>th</sup> Sept–Earth ~ Tues 6<sup>th</sup> Oct –Fire Term Break 13<sup>th</sup> Oct ~Tues 20<sup>th</sup> Oct –Space ~ Tues 27<sup>th</sup> Oct–Consciousness.

### Winter Programme:

**The Chakras:** Within the body lie seven vital energy centre's, while you can't see them or feel them on a day to day basis, they are widely recognized in Eastern Cultures as having an important affect on our physical, emotional, mental and spiritual health. Through meditation and mantras we will explore our connection with the chakras and learn how to balance the energy of the seven chakras.

**Tutor:** Dawn Hart **Dates:** Tues 3<sup>rd</sup> Nov-15<sup>th</sup> Dec 2009.

**The Eightfold Path:** In this four- week programme we will look at the Four Noble Truths & The Eightfold Path, a blueprint for life that was created by the Buddha more than 2000 years ago. Our meditations will draw inspiration from the Buddha's Teachings which guide us towards a way of life that is ethical and meaningful, with the opportunity to create positive mental formations. The New Year is an ideal time to explore the meaning of the Eightfold Path as we look to make changes to our lives in 2010.

**Tutors:** Dawn Hart & Rev.Susthama Kim **Dates:** Tues19th Jan2010 -9<sup>th</sup> Feb 2010.

### Spring Programme:

**Natures Symphony:** This series of meditations will take its inspiration from the changing seasons and help bring us closer to nature. 23<sup>rd</sup> Feb 2010-16<sup>th</sup> March 2010.

A Summer Programme will be announced after the Easter Break.



**Buddhist Meditation Lessons** are held by Rev.Susthama Kim on Wednesdays at 1pm. These sessions are facilitated by the Amida Trust on a donation only basis.

**SPONSORED CHANT IN AID OF ACORNS CHILDRENS HOSPICE ON SAT 31<sup>st</sup> OCTOBER 2009. 7.30am-7.30pm.** Why not come along and contribute just an hour of your time to make a real difference to this great cause. Call us for more information.