

Buddhist Approach to Healing & Well-Being



An introduction to Medicine Buddha.

Invites those who are facing life changing health issues.

The group provides an opportunity to share and receive support as you face the challenges of illness.

Each session includes a guided Buddhist Healing Meditation.

Teacher - Fran Thomas.

Fran is a student of Tibetan Buddhism for over 25 years.

She is a registered nurse with experience in Palliative Care and Cancer Support Groups.

“To enjoy good health, to bring true happiness to one’s family, to bring peace to all, one must first discipline and control our mind. If a person can control their mind they can find the way to enlightenment and all wisdom and virtue will naturally come to them.” - Buddha

THURSDAYS

11:00am - 12:00pm

GUIDED BUDDHIST MEDITATION

Class Registration

If you would like to attend please complete the registration form and “submit” the Form.

Details will be emailed to you.

www.bbmc.org.au

**Donation only.*



Beaumaris Buddhist Meditation Centre.

27 Haywood St, Beaumaris VIC 3193. Phone: (03) 9589 1838