

Day of Mindfulness

Sunday 17th February 2019



This will be Tallowwood Sangha's first Day of Mindfulness for 2019. ('Sangha' is here translated as 'a meditation community'. Tallowwood Sangha is based in Bellingen, NSW.)

As the resident teacher at Tallowwood Sangha, Will James will be leading the Day of Mindfulness.

Will has practiced and explored the Dharma teachings for over 30 years, and for 13 years has been teaching meditation and Dharma in the Insight Tradition.

Will regularly leads retreats in Australia and Bali. For more information about Will visit: <https://www.willjamesinsight.com>

This Day of Mindfulness will be a day of silent Insight meditation practice, with Dharma talks and Dharma Inquiry.

All are welcome - whether you are new to meditation or an experienced meditator. Such days are ideal opportunities for all of us to deepen our understanding of Dharma practice.



The Day of Mindfulness will be held at North Farm, 165 Hydes Creek Road, Bellingen.

For directions to North Farm visit <http://www.northfarm.com.au/about-us/our-location/>

Please arrive by 9.45 for 10am start - finishing around 4pm.

Please bring your sitting gear, if you have any, and a plate of food for a shared lunch.

There is no charge, as such, to attend - a 'Dana' contribution is traditional and appreciated to cover the cost of the venue hire and to offer gratitude for the presentation of the teachings.

This is a Tallowwood Sangha Event. For more information about Tallowwood Sangha visit www.tallowwoodsangha.org.au

