

Day of Mindfulness

Sunday 30 June 2019

North Farm, Bellingen N.S.W

Meditation teacher Will James is leading a Day of Mindfulness at North Farm, Bellingen N.S.W.

A day of Insight meditation practice, Dharma talks and Dharma Inquiry.

Will has practiced and explored the Dharma teachings and practices for over 30 years and has been teaching in the Insight Tradition for 12 years. He is the resident teacher at Tallowwood Sangha, regularly leads retreats in Australia and Bali, and teaches Dharma study courses.

For more information about Will visit:
www.willjamesinsight.com



Insight Meditation explores the wisdom teachings of the Buddha and opens the heart of compassion.

The Day of Mindfulness is held at North Farm, 165 Hydes Creek Road Bellingen.
For directions to North Farm visit www.northfarm.com.au/about/location/

Please arrive by 9.45 for 10am start – finishing around 4pm.
Please bring your sitting gear and a plate of food for a shared lunch.

There is no charge to attend but a ‘Dana’ (donation) contribution is appreciated to cover the cost of the venue hire and appreciation for the teachings.

This is a Tallowwood Sangha Event

For more information about Tallowwood Sangha www.tallowwoodsangha.org.au