

Last Sunday of the month, Jan-April 2019, from 1pm – 3:30pm

# Guided meditation & Dhamma Reflection

with **Ajahn Jitindriya**

at **Santi Forest Monastery**



All are welcome for a series of meditation workshops (guided sitting and walking practice), with Dhamma reflections and Q & A, on the last Sunday of the month from January through to April, 2019, from 1-3:30pm (specific dates are below).

This is an opportunity for both beginners and more experienced people to practice meditation and enquire into the Buddha's teaching (the Dhamma) together, in the quiet atmosphere of the forest monastery.

If you also wish to join in the *dana* (meal offering) to the monastic community earlier that day at 11am, please let us know so as we have a sense of how many people to expect. (Contact details below). See you there!

The Sunday dates are: Jan 27<sup>th</sup>; Feb 24<sup>th</sup>; Mar 31<sup>st</sup>; Apr 28<sup>th</sup>