

Develop inner peace. Classes on meditation and Modern Buddhism in Carlisle and North Cumbria. Everyone Welcome.

REGULAR CLASSES

Autumn Term, Prices £3 - £10.

CARLISLE

Thu 7 - 8.15pm | Fri 11am - 12pm
Tue & Thu 12.30 - 1pm
Sun 11am - 12pm - 'Happiness Hour'

WHITEHAVEN

Mon 7 - 8pm *The Foyer*

WORKINGTON

Tue 7 - 8.15pm *Helena Thompson Museum*

BRAMPTON

Wed 1.30 - 2.30pm *The Community Centre*

WIGTON

Wed 7 - 8.15pm *Wigton Bowling Club*

Introductory talks: at all the above venues in August. See website for dates.

PENRITH

Tue 7 - 8.15pm *Friends Meeting House*

KESWICK

Wed 7 - 8.30pm *Keswick Museum*

Penrith begins 10 Sept; Keswick Monthly Talks 21 Aug, 25 Sept, 23 Oct, 27 Nov.

SATURDAY COURSES

incl. refreshments in break, £15 - £25

- 14 Sep Meditation, Happiness & Well-being
- 19 Oct How to Stop Over-Thinking
- 23 Nov Feeling Connected Day Course
with visiting teacher
- 14 Dec Freedom from Festive Stress

DAY RETREATS

incl. vegetarian light lunch, £20 - £25

- 17 Aug Space to Breathe
- 28 Sep Calm Clear Mind
- 12 Oct Positive Peaceful Mind
at The Gather, Ennerdale Bridge
- 9 Nov The Power of Meditation
- 28 Dec Silent Day Retreat

FOOD FOR THOUGHT

7 - 9.30pm, £20

- 4 Oct Italian Theme
- 6 Dec Festive Theme



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