

Renowned Meditation Teacher

KHANDRO THIRINLAY CHODON

Bundaberg Visit • 27-28th February 2015

Khandro Thrinlay Chodon is a lay female Buddhist practitioner and teacher who was born in the Indian Himalayas to a family of great Tibetan yogis. Khandro-la began her spiritual training as a small child and has studied both Eastern and Western approaches to spiritual psychology. She is devoted to bringing the wisdom of her ancient tradition alive in our modern world.

Khandro-la's life's work and vision "Khachodling" engages in spiritual and humanitarian projects in the remote Indian Himalayas. "Khachodling" translates as a place where the heart essence of wisdom, known as the feminine principle in Buddhism, is nourished and respected.



Khandro-la is the embodiment of warmth and humanness and her teachings skilfully inspire us to deepen our awareness and courageously expand into the path of wisdom, joy and compassion.

Public Talk 'The Art of Pilgrimage'

On: **Friday 27th February, at 7pm**

Venue: School of Arts Building, 184 Bourbong Street, Bundaberg

Cost: \$15

No booking required but would be appreciated. Payment at the door.

Workshop 'Mindfulness and Compassion'

On: **Saturday 28th February 2015, 1.00-4.30pm (12-1pm informal lunch and discussion prior to the workshop, please bring a plate to share if you are attending)**

Venue: School of Arts Building, 184 Bourbong Street, Bundaberg

Cost: \$30

Request: Please bring a plate to share for lunch and/or afternoon tea.

No booking required but would be appreciated. Payment at the door

This workshop will examine important Buddhist and scientific ideas about achieving well-being such as mindfulness and compassion and how we can combine ancient and modern approaches to reach our full potential. This workshop will illuminate the connections between mindfulness and compassion, focusing on how mindfulness can deepen relationships, enhance caregiving, and build compassion. It will offer practical strategies and techniques for cultivating mindfulness and compassion to reduce stress in oneself and others.

For further details or to make a booking contact:

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For more information on Khandro Thrinlay Chodon visit Website: www.khachodling.org