

KHANDRO THRINLAY CHODON

Workshop 'Mindfulness and Compassion'

Port Macquarie Sunday 26th April, 1-4pm

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 Rinpoche 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.

172 Pacific Drive Port Macquarie NSW

Cost: \$20

Please bring your own cushion or chair



Khandro Rinpoche'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 skillfully inspire us to deepen our awareness and courageously expand into the path of wisdom, joy and compassion.

All members of our diverse community inclusive of indigenous peoples, GLBTIQ, therapists, scientists, and those with or without a spiritual practice of all traditions are invited to experience Khandro Rinpoche's a presentation of a timeless and authentic connection and a method to practice mindfulness and compassion that is much needed in our world.

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.

Contact for further details : Deb Oldfield 0402 911905 Deborah.oldfield50@gmail.com

For more information visit: www.khachodling.org Website: www.khachodling.org