

PRACTICAL WISDOM FOR CORPORATE LIFE



Join us for an introduction to both the art and the science of mindfulness and a simple daily practice to support you in your work and life.

We live and work in a world of increasing complexity, constant change and hyper-connectivity. As life grows busier and more demanding we may find ourselves asking:

How can we create more time and space for what really matters?

How can we gain more clarity in our thinking and decision-making?

How can we feel more stable in uncertain times?

How can we become more compassionate – toward ourselves and others?

Science now tells us that the answer, as taught by the ancient eastern traditions for hundreds of thousands of years, is to slow down. To become more aware. To become more mindful.

Khandro Rinpoche is a Master in the Ancient Tradition of Mindfulness. Rinpoche brings to us a unique perspective having been born into a renowned family of spiritual meditation masters and the royalty of Tibet and training and practicing since she was a young girl, then studying and living in the west. She married and served the highest spiritual Master of Bhutan, who passed away in 2003, now Rinpoche leads an international humanitarian organisation and travels the world imparting deep practical wisdom, which we can use in our everyday lives.



Where:

Deutsche Bank Building,
Level 8, 126 Phillip Street,
Sydney

When:

Tuesday 16th September
6 -7.30pm

Cost: \$35

Limited Seating. Please book online to secure seating: <https://khachodling.worldsecuringsystems.com/bookings.html>