

A Year of Mindfulness

with **Grant Rix**

Tuesdays, 6:30 – 8 pm

Course 1: Mindful Beginnings
Exploring Foundations of Awareness

13th Feb – 19th Mar

Course 2: Deepening Mindfulness
30th Apr - 18th Jun

Course 3: Discovering Buddha Dharma
30th Jul - 24th Sep

Course 4: The Bodhisattva's Journey
15th Oct - 3rd Dec



Grant has been studying and practising meditation all his adult life and has completed numerous retreats, including graduating from a unique three-year study and meditation programme that took place at the Wangapeka Retreat Centre during the mid-00's under the guidance of his principal teacher, Tarchin Hearn.

All welcome. Free entry, with donations (dana) for the teacher gratefully accepted.

www.dharmacentre.org.nz