

Join Melbourne Insight Meditation's new sitting group

Meditate with us at

STANLEY AVE STUDIO

Every Tuesday Night 7.30pm-8.45pm
starting 18 January 2022

All Welcome!

Stanley Ave Studio
61 Stanley Ave, Mt Waverley
www.stanleyavestudio.com.au

Suitable for beginners and experienced meditators, no experience necessary.

Facilitated by Hartmut Veit, co-founder & president of MIM, other MIM facilitators with a range of invited guest dharma teachers.

Facilitators and Teachers are not paid by MIM or SAS – they offer guided instructions and dharma teaching/talks on the principle of dana. Dana is an ancient Pali word meaning “generosity”, “giving” or “gift”. Feel free to give any amount dependent on your financial situation and how you feel.

Cost: \$10 + dana* (for visiting dharma teacher)

Meditation cushions provided

BOOKINGS ESSENTIAL

For all inquiries and bookings visit:

www.melbourneinsightmeditation.org



**MELBOURNE
INSIGHT
MEDITATION**

Melbourne Insight Meditation (MIM) is a not-for-profit, secular community of meditators practicing in the tradition of Insight (Vipassana) Meditation. We aim to support each other and develop our practice.

Please note: meditation is contraindicated and can be harmful for people with complex trauma, PTSD, Substance Dependence or Psychosis. If in doubt, please seek advice from a psychologist or psychiatrist.

*Following the Buddhist practices of generosity the teachings are given on a Dana (gift/donation) only basis. Your monetary contribution enables us to continue our work.