



buddhataalk

# buddhataalk

Our teachers are Pip Ransome and Jacqui Winstanley, both with 30 years experience practising and teaching buddhist methods for wellbeing

## WE'RE WALKING THE TALK

### Journey to Tranquility

Develop calmness, clarity and wisdom

Led by Pip

**Mondays**, February 2 – March 30

11.30am–1.30pm

At U3A Mornington

To register contact

[office@u3amornington.org.au](mailto:office@u3amornington.org.au)

**Tuesdays**, February 10 – March 31

7.30–9.15pm

Balnarring Hall

By donation

To register contact

[buddhataalk9@gmail.com](mailto:buddhataalk9@gmail.com)

## Weekly Meditation & Mindfulness

For new and experienced meditators

Led by Jacqui

**Wednesdays**, February 4 – April 1

1.30–3.00pm

Balnarring Hall

By donation

To register contact

[buddhataalk9@gmail.com](mailto:buddhataalk9@gmail.com)

## ARE YOU COMING WITH US?

### Short Meditation retreats

Develop mindfulness and calmness

Led by Pip

**Saturday** February 28

9.30am–4pm

At U3A Mornington

To register contact

[office@u3amornington.org.au](mailto:office@u3amornington.org.au)

**Saturday** March 28 & **Sunday** March 29

9.30am–4pm

Coolart Homestead, Somers

\$40 incl. Coolart membership

To register contact

[buddhataalk9@gmail.com](mailto:buddhataalk9@gmail.com)

## Monthly outdoor meditation

Sitting and walking meditation

Led by buddhataalk members

Second **Saturday** of each month

10.30am–12noon

Coolart Homestead gardens, Somers

Bring a chair, cushion and rug

Free

To register contact

[buddhataalk9@gmail.com](mailto:buddhataalk9@gmail.com)

*Thanks to Balnarring Community Hub and Coolart Homestead for hosting our sessions*



[www.buddhataalk.com.au](http://www.buddhataalk.com.au)



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