

Buddhist Meditation in Coogee

need a change?

Coogee Croquet Club Bardon Park, Bream St.
(opposite the Eastern Suburbs Tennis Clubrooms)



SYDNEY
BUDDHIST
CENTRE

Meditation is one of the most direct ways to cultivate a clear, happy and free mind.

The meditation practices we do are traditional Buddhist practices that calm one's mental states and cultivate happiness and emotional well-being.

The teachers are ordained Buddhists from The Triratna Buddhist Community.

Weekly meditation is offered to anyone interested in learning and/or deepening meditation practice.

(\$10 suggested donation)

The Sydney Buddhist Centre was founded in 1981 and since then has taught the essential principles of meditation and Buddhism to thousands of people in Sydney. The centre is located in Newtown where we try to provide a space for people to grow and develop, becoming calmer and more aware in the midst of busy city life.

The Sydney Buddhist Centre is part of the Triratna Buddhist Community; an international movement started by Urgyen Sangharakshita in 1969, which is dedicated to the application of Buddhist principles in contemporary society. The Triratna Community aims to maintain Buddhism as a living tradition, responding creatively to the changing conditions of the modern world. There are over 80 Triratna centres worldwide.

For more details on the Sydney Buddhist Centre visit our website www.sydneybuddhistcentre.org.au

***Classes are held @ Coogee Croquet Club every Thursday at 7pm.
First Thursday of every month will have extra leading to assist newcomers.***



Contact Dharmalata on 0425 201 209 or at coogeed Meditation@gmail.com for more information.