



TIBETAN MEDITATION & YOGA

Meditation workshop

Kunga Tsering will be conducting meditation workshops. It will be an intimate group of 9 students at each session for the beginners, advanced classes can include more students if required.

The classes will start at 60minutes and build up to 90 minutes for Beginners. For the Advanced group 90 minutes will be allotted building up to 2 hour for each session.

Kunga will be teaching the traditional meditation methods that are taught to practicing monks at Tibetan monasteries; he will also be speaking in breaks about Buddhist philosophy and the importance of disciplining the mind.

The Beginners class will cost \$50 for one day a week over a 5 week block, you can choose between class 1 & 2. To take up the Advanced sessions you will need to complete the Beginners course. Advanced sessions will cost \$75 for a 5 week block and you may also choose between class 1 & 2. Call Kunga to secure you booking 0424442534.

workshop dates			
Beginners	class	Start Dates	Time
Tuesday	1	22 June	6.30-8.00 pm
Sunday	2	6 June	3.30-5.00 pm
Advanced			
Saturday	1	31 July	5.00-7.30 pm
Sunday	2	4 July	9.30-11.30 am

Yoga sessions

Kunga teachers Ashtanga Vinyasa Yoga also known as Power Yoga which is the most traditional of all Yoga's. Kunga teachers one on one private sessions but there are room for 2 students if so required. The cost is \$20 pp for casual visitors or you can purchase a 6 session pass for \$100, this will entitle the student to 6 classes when they so choose but bookings are essential. Call Kunga for appointment on 0424442534

