

Beginner's Meditation Class 2023

*"IT IS GOOD TO TAME THE MIND,
FOR A WELL-TAMED MIND BRINGS
HAPPINESS"*

DHAMMAPADA 35



EVERY WED | 800 – 930 PM

**15 FEB – 19 APR and a 1-day 8 precept
retreat on 22 APR**

Main Shrine Hall

Evening Puja at 645 PM

Contact: 98355257 (Brother Kelvin)

*Suitable for all who are interested to cultivate the mind
(Open to public)*

REGISTER BY 8 FEB 23
(Limited to 40 participants)



Advanced Yogi Meditation Class 2023

*“THE WISE ONE SHOULD GUARD HIS
MIND, FOR A GUARDED MIND
BRINGS HAPPINESS”*

DHAMMAPADA 36



EVERY WED | 745 – 930 PM

15 FEB – 25 OCT

Meditation Room Level 2

Evening Puja at 645 PM

Contact: 98804423 (Brother Vijita)

Participants must have prior meditation experience

REGISTER BY 8 FEB 23
(Limited to 30 participants)

