

# DAY OF PEACE MEDITATION WORKSHOP



WITH

AJAHN CHANDAKO

**SATURDAY, MARCH 25 9:00 AM — 4:00 PM**

Learn techniques for focusing concentration, developing loving-kindness and compassion, reducing stress and training in mindful awareness of the present.

Held in the beautiful country location of -



**VIMUTTI FOREST MONASTERY**

**750 PAPANATA RD., BOMBAY**

(Motorway exit 471, left to Bombay Rd, Right on Papanata Rd., after Lynd Rd, driveway on right hand side)

**AJAHN CHANDAKO HAS BEEN A FULLY ORDAINED MONK IN THE LINEAGE OF AJAHN CHAH FOR 16 YEARS. AFTER TRAINING WITH NUMEROUS MEDITATION MASTERS IN THAILAND FOR 15 YEARS, HE IS NOW ABBOT OF VIMUTTI FOREST MONASTERY.**

*COST: BY DONATION*