



# Day of Peace

## Meditation Workshop

with  
Ajahn Chandako

8:30am—4.00pm

suitable for beginners to advanced

Learn techniques for:

- 🌀 Training in clear awareness of the present moment
- 🌀 Focusing concentration
- 🌀 Developing loving kindness and compassion
- 🌀 Reducing stress and anxiety
- 🌀 Eating with mindfulness and gratitude
- 🌀 Understanding and reducing our negative reactions to life

Held in the beautiful country location of:

**Vimutti Buddhist Monastery**  
750 Paparata Rd.  
**BOMBAY**

Ajahn Chandako has been a fully ordained monk for 18 years in Forest Tradition of Ajahn Chah. After training with numerous meditation masters in Thailand, he is now abbot of Vimutti Buddhist Monastery.

Bring some food for a shared lunch. Sunscreen or a hat is recommended.

If you need a ride or have questions contact us at [vimutti.atba@gmail.com](mailto:vimutti.atba@gmail.com) or see [www.vimutti.org.nz](http://www.vimutti.org.nz).

Directions:

From Auckland take the motorway south. Get off at the Bombay exit # 471. Turn left on Mill Rd and proceed to a T-junction. Turn left on Bombay Rd. After 1/2 k curve right onto Paparata Rd. Go for 7 k. After Lynd Road on your left, turn right on Nibbana Drive . Vimutti is #750.

All teachings are offered out of goodwill on a donation basis.