

# What Meditation Really Is



This vibrant course will introduce you to meditation, help you to experience the sense of ease and clear awareness that meditation brings, and show how this can flow into your everyday life.

The course will combine specially selected video teachings from Tibetan master Sogyal Rinpoche with meditation practice guided by his students who have spent many years applying his teachings to their own lives.

You will be surprised to experience how such a simple practice brings a greater sense of presence throughout your day.



Wednesday 8th February to  
7th March 2012, (5 sessions)  
10.00am to 11.30am

**Spirit of Yoga**  
138b The Parade  
Norwood  
(Rear of Café Bravo)

\$75 individual  
\$50 student / Concession  
Pay on first morning  
To register by 24th January  
email [adelaide@rigpa.org.au](mailto:adelaide@rigpa.org.au)  
or contact Stephen at 0427 123 040



Course presented by Rigpa Adelaide  
Tibetan Buddhist Meditation Centre