

PRISTINE AWARENESS

FOUNDATION FOR BUDDHIST PRACTICE

2023 Schedule of Events

ACTIVITY	TOPIC	DAY/DATE	TIME*	WHERE	DETAIL
Monthly Meditation	<i>Silent Sitting Meditation</i>	First Sunday of each month	9:30am – 10:30am	Live Online	Free (donations appreciated)
Path of Joy and Ease Practice Program	<i>View, Meditation, Conduct</i>	First Sunday of each month	10:30am – 11:30am (an <i>optional</i> Q&A will follow from 11:30am to 12:30pm)	Live Online (recorded for members)	\$10 per month (negotiable)
Dharma Talk	<i>The Path of Joy and Ease</i>	Wednesday February 22 nd	7:00pm – 8:30pm	Live Online (recorded and posted to YouTube)	Free (donations appreciated)
Dharma Talk	<i>Awakening the Heart</i>	Wednesday April 26 th	7:00pm – 8:30pm	Live Online (recorded and posted to YouTube)	Free (donations appreciated)
Annual Online Retreat	<i>Dudjom Rinpoche's 'The Play of Thought'</i>	7pm Friday June 9 th to 8:30pm Sunday June 11 th 2023	All day	Live Online	\$40 (free for 5YP Practice Program members)
Dharma Talk	<i>Bodhicitta: Ground, Path and Fruit</i>	Wednesday June 28 th	7:00pm – 8:30pm	Live Online (recorded and posted to YouTube)	Free (donations appreciated)
Special Event	<i>Healing with Mandala Oils ~ with Wendi Forbes</i>	Saturday August 26 th & Sunday August 27 th	11:00am – 12:30pm each day	Live Online	\$110.00
Dharma Talk	<i>Gaining Confidence in Buddha Nature</i>	Wednesday October 25 th	7:00pm – 8:30pm	Live Online (recorded and posted to YouTube)	Free (donations appreciated)

* All times are Australian Eastern (Melbourne, Canberra, Sydney time zone).

For more information:

Visit our website: www.pristine-awareness.org or email: contact@pristine-awareness.org

Phone: 0431 185 312

Emails and texts will be answered Sundays and Mondays each week

