

# Calm Abiding

**Saturday 27th February**

**9.30 am to 4.30pm**

**Please Bring Vegetarian Lunch to Share**

Stabilisation of your mind on the basis of genuine concentration is serenity (calm abiding).

The day will unfold and explain the steps to be taken to achieve this state.

There will be opportunities during the day to practice both sitting and walking meditation. Led by Ven Jampa Tenzin

# Meditation Day

