

SRI LANKAN Meditation Master to Visit Sydney/Melbourne

"How to Find Stillness of Mind – Comfortably"



After successful weekend retreats in Melbourne Australia in June, **Acharin G. Wijenayake** has fortunately decided to return to Australia (Sydney and Melbourne) to run further weekend, non residential, non religious, retreats in November /December "**How To Find Stillness of Mind - Comfortably**"

Acharin is the Chief Meditation Instructor in the Nisala International Meditation Centre, based in Udadumbara, Kandy, Sri Lanka and teaches Vipassana and mindfulness meditation. Nisala was set up in the year 2014

to disseminate knowledge of meditation among the general public, both local and foreign. Acharin regularly teaches at different venues in Sri Lanka and has been teaching in other Asian countries such as Singapore and Hong Kong.

Acharin has practised Vipassana meditation for over twenty years in a distinguished Buddhist lineage of teachers including Venerable Marathugoda Mahinda, and has been teaching meditation for the last seven years.

If you are like most people, then you can be carried away by virtually whatever comes to mind, making the mind noisy and painful. Finding the inner stillness will allow you to step back from this mental noise and move to a natural and relaxed space within.

In teaching meditation to students at every level, Acharin employs a direct method of teaching to guide his students. He makes use of energy work, breath meditation and body-sensation awareness. As a result of his teaching experience you will be shown how to:-

- be more relaxed
- let go of the inner chatter
- begin the journey to let go of long held grief, fears, phobias and anger issues
- Have a greater attention span and concentration
- be more intuitive
- make better decisions in your home and work life
- have improved interpersonal skills

Experience the Stillness. Share this message among your friends in Australia.

Program Info:

Melbourne – Saturday and Sunday November 23 and 24
9am to 5pm – Springvale Hall, Springvale, Melbourne

Sydney – Saturday and Sunday November 30 and December 1
9am to 5pm – West Epping Community Centre, Epping Sydney

Cost – On donation basis. Lunch & refreshments are provided for both days

FOR REGISTRATION

Please email retreats@nisala.org or Visit : www.nisala.org/events

FACEBOOK

Nisala International Meditation Centre

Contact : + 61403035660 Lois (Sydney)
+61 470 635 365 Chandima (Melbourne)

Nisala | Path to Stillness

2 Day Non-Residential Mindfulness Meditation Program

by **Acharin G. Wijenayake**

The teacher of the Nisala International Meditation Centre, Sri Lanka
www.nisala.org

IN MELBOURNE

Nov 23 & 24th - Saturday & Sunday
9am to 5 pm both days
Springvale Hall, Victoria,

for registrations
www.nisala.org/events

lunch & refreshments are provided.

Cost : on donation basis.

Contact : Chandima : +61470 635 365

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*Contact : Dayani
+61 419284 733*