

Pretty Flowers

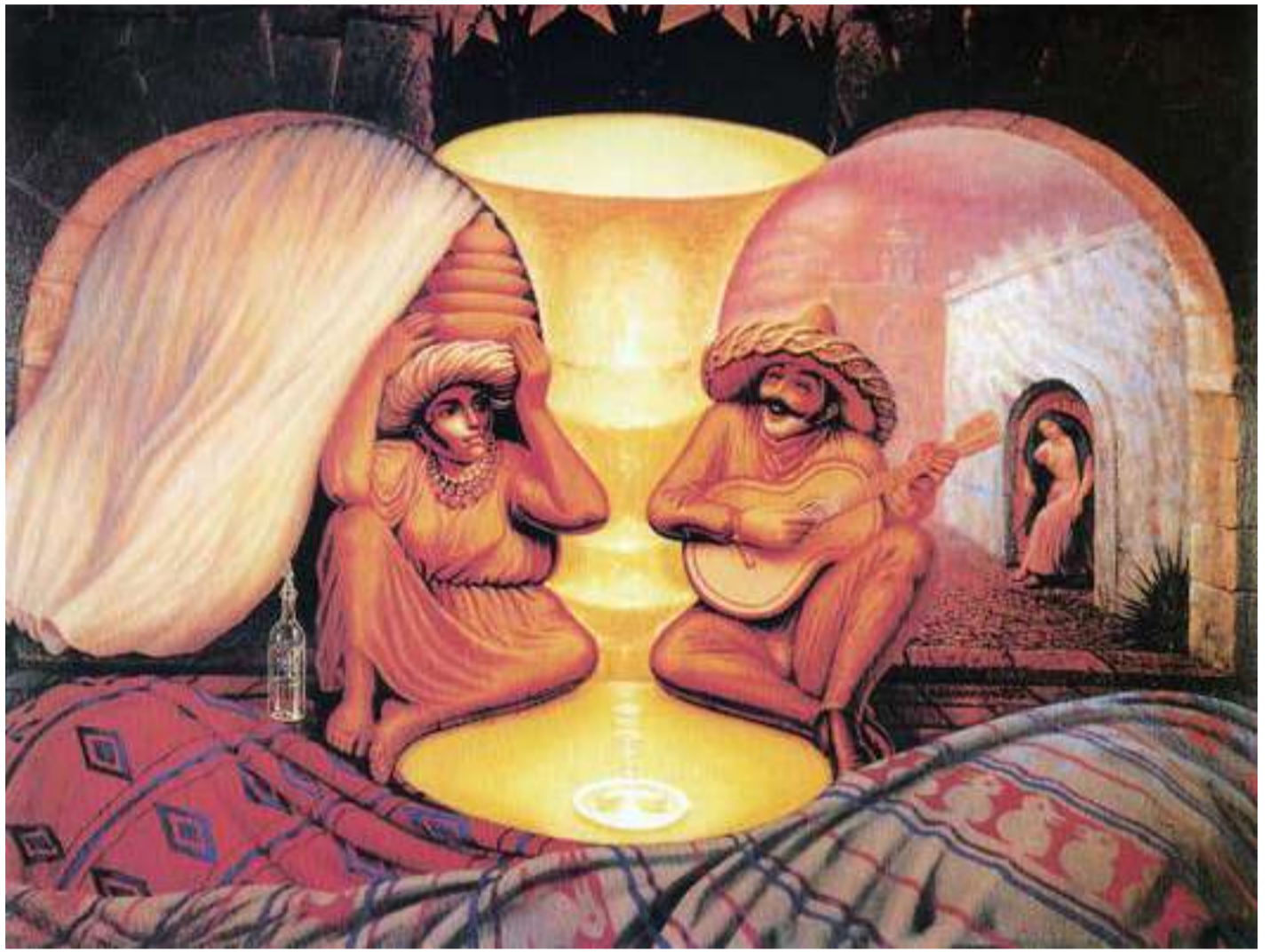


Flowers are Pink, flowers are Blue,
Flowers are in many colours too.
Flowers are pretty, flowers smell good.
Flowers are here, so life is good.

Sanuli Minaya Polkotuwe

Year 1
Montgrove College
Orchard Hills NSW

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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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2 Day Non-Residential Mindfulness Meditation Program

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Meditation Centre, Sri Lanka
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IN SYDNEY

for registrations
www.nisala.org/events

Nov 30 & Dec 01
9am to 5 pm both days
At West Epping Community
Centre, Epping

*Lunch & refreshments
provided.*
Cost on donation basis
*Contact : Dayani
+61 419284 733*