

# Meditation

## and inner peace

Practical advice based on

## Buddhist

Philosophy and psychology

With David Towner-Jones

Flat 1  
10 Hocker Hill Street  
Chepstow  
NP16 5ER



Everyone is welcome

Fridays 7 - 8.30 pm  
June 19<sup>th</sup> & 26<sup>th</sup>; July 10<sup>th</sup> & 17<sup>th</sup>

Puja: Sunday 31<sup>st</sup> May

Each class is self-contained (drop-in to any) and consists of a talk, guided meditations and an opportunity to discuss and ask questions.

Refreshments provided.

We request a facility fee of £6

*“All phenomena are totally dependant upon  
the minds that perceive them”*

*Ven. Geshe Kelsang Gyatso*

see website for details: [www.chepstowtherapyrooms.co.uk](http://www.chepstowtherapyrooms.co.uk)

in conjunction with Amitabha Buddhist Centre Bristol,  
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