



one day meditation course

for children
ages 8-13

boys & girls of different ages work at their own level
to practise meditation through awareness of the natural breath
meditation sessions | games | craft

improved concentration

sense of peace & calm

higher self awareness

greater self confidence

improved memory

increased goodwill for others

“Meditating is fun & is a great skill to learn for life” Jake 12yrs.

NEXT COURSE | Saturday Sept 19th | 8.30am-3.30pm

Bondi Beach Public School | Campbell Pde, Bondi Beach, 2026 |

Register: www.bhumi.dhamma.org | email: ctc-info@bhumi.dhamma.org

Or contact Mahli on 0414673736 | Taught by Vipassana Meditation Centre Blackheath

Courses funded by donation