

Evening Meditation Classes with Katy Ellison

Free Your Mind

'Happiness and sufferings are states of mind and so their main causes are not to be found outside the mind.' In this course we try to identify the causes of suffering and learn to eliminate them by developing positive attitudes so that we can always maintain a happy mind in whatever we do.

April 1 Take control our untamed desires

April 8 Melt our anger with love of others

April 22 Awake from the dream of ignorance

Tuesdays 7:30 – 9pm

KMC HK ~ 1/F Causeway Tower, 16-22 Causeway Road, Causeway Bay, HK

No bookings, Everyone Welcome !

Katy has been studying under Geshe Kelsang Gyatso for nine years. She is a sincere practitioner who demonstrates how to integrate Buddha's teachings into modern busy life.

Suggested Donation : HK \$50 - \$100 each class

KMC HK is a registered charitable organization in Hong Kong (granted exemption under Section 88 of the Inland Revenue Ordinance). All donations are used to run the Centre and spread Buddha's Teachings.

Inquiry : info@meditation.hk ☎ 2507 2237