

## Half-Day Learn to Meditate with Gen Kelsang Rabten

Meditation helps us lead a life of happiness and peace.

These half-day courses are the best ways to learn the essential skills to successful meditation. We can deepen our meditation skills and experience by establishing a regular half-day practice through guided meditation and receiving advice from teachers. The positive energies generated can alleviate our daily stresses and act as inspirations for us when dealing with problems in our daily life.

Date : April 27, Sunday, 10:00am – 12:30pm

Course fee: HK\$ 98 (with light refreshments)

### **Timetable**

10:30 – 11:00am Teaching & Guided Meditation

11:00 – 11:30am Tea break with refreshment

11:30 – 12:30pm Teaching & Guided Meditation

Teacher: Gen Kelsang Rabten

Booking <http://www.meditation.hk/en/courses/half-day-learn-to-meditate-english/>

Inquiry ☎ 2507 2237 ✉ [info@meditation.hk](mailto:info@meditation.hk)