

**Dharma for Kids  
with Daleena Samara**

Meditation allows us to find peace and happiness in everyday life, no matter our circumstances. By learning the art of meditation through Buddha's teachings, children can be nourished by its immeasurable benefits and learn how to cultivate a truly joyful mind early on in life. These classes include a fun range of activities for kids to learn from such as teachings, guided meditations, discussions, storytelling, and artwork.

**29 June, Sunday, 10:30am - 12:00pm**

No Booking | Suitable for children at age 6 - 12  
(Children need to be accompanied by parents)

Venue : Kadampa Meditation Centre Hong Kong  
1/F, Causeway Tower, 16-22 Causeway Road, Causeway Bay, Hong Kong

Donations are welcome.

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.

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