

# Meditation in the City

With the Fo Guang Yuan Art Gallery Meditation Group

The term **meditation** has many different forms and meanings, however all aid us in achieving calmness, relaxation, focused concentration and loving kindness.

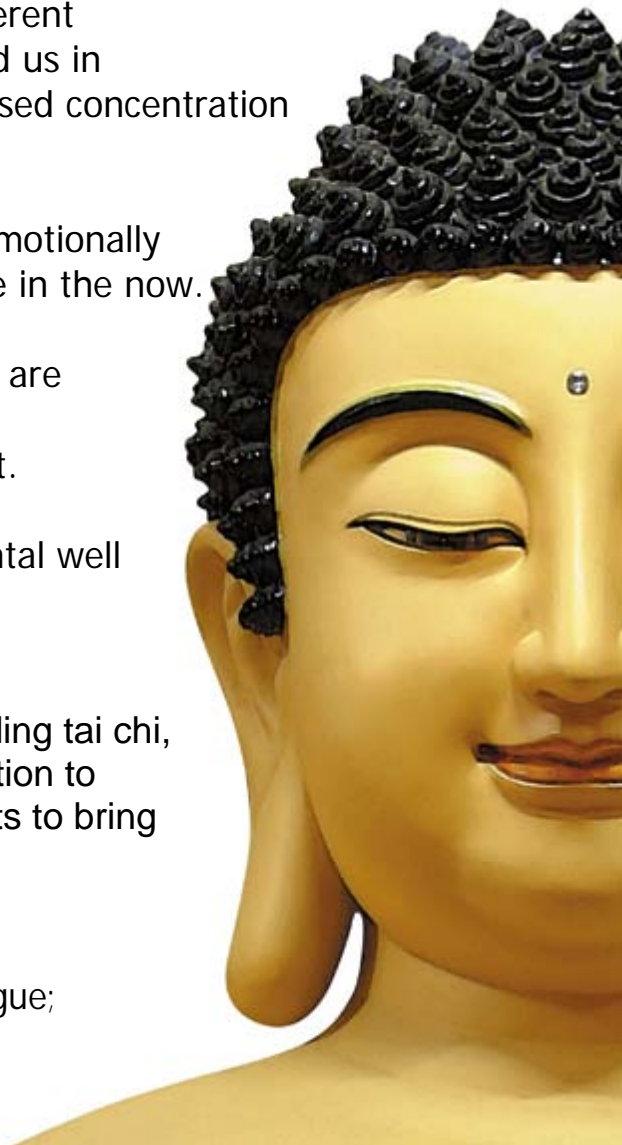
Meditation teaches calmness both emotionally and physically, it teaches how to live in the now.

In Buddhism, meditation techniques are employed to develop mindfulness, concentration, tranquility and insight.

It also assists with physical and mental well being.

At our sessions, you will learn basic techniques Living Ch'an (zen) including tai chi, walking, standing and sitting meditation to create positive and peaceful thoughts to bring peace to your mind.

Take the time to calm your mind  
Learn to relieve stress, anxiety and fatigue;  
become more focused and centred.



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Learn to relieve stress, anxiety and fatigue;  
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Join us at -

### Fo Guang Yuan Art Gallery and Tea House

141 Queens Street  
MELBOURNE VIC 3000  
Phone 03 9642 2388 email at [meditation@bliav.org.au](mailto:meditation@bliav.org.au)

Meditation classes every Friday 6.15pm – 7.15pm  
\$25 for 6 weeks with a 'friendship get together' afterwards with refreshments

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### Fo Guang Yuan Box Hill

24A Rutland Road  
BOX HILL VIC 3128  
Phone 03 9890 8188 email at [ibcvb@fgs.org.au](mailto:ibcvb@fgs.org.au)

Next meditation program commences Friday 19 June 7pm - 8:30pm  
\$33 for 6 session program

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### Fo Guang Shan Melbourne

89 Somerville Road  
Phone 03 9314 5147 email at [ibcv@fgs.org.au](mailto:ibcv@fgs.org.au)

Next meditation program commences Saturday 6 June 1.30pm – 2.50pm  
\$20 for 4 weeks, free introductory class on the 6<sup>th</sup> of June

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**Buddha's Light International Association of Victoria Inc**

89 Somerville Road  
YARRAVILLE VIC 3013

phone 03 9314 5147 email [info@bliav.org.au](mailto:info@bliav.org.au)

website [www.bliav.org.au](http://www.bliav.org.au)