



dharmasphere

A COMPASS

FOR AWAKENING

THE PRACTICE OF DOING NO HARM



The practice of 'doing no harm' is both a wonderful support to mindful, wholesome living, and an essential foundation for developing meditative ease and wisdom on the path of Dharma.

The traditional framework for the practice is known as the 'Five Training Precepts'. These ethical principles serve like a compass for aligning to inner-truth. When we come from this place of clear intention, our actions have the best chance of supporting the wellbeing of both self and others.

In this 6 week course we will embark on a guided exploration of these principles, through meditation, contemplation, and community sharing.

Times

Thursdays evenings
Oct 22nd - Nov 26th
7:15pm - 8:45pm

Course Fee:

\$50 for 6 classes or \$10 per class
Plus optional Dana / Donation
If finances are a barrier for you attending,
please get in touch with us

Venue:

Yoga Jai Studio
105 Rutherford Street, upstairs
(entrance opposite Hyundai)

Contact:

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