

WYLYE VALLEY MEDITATION

a weekend course of
Mindfulness & Dharma
with
Renato Mazzonetto

**Saturday 16th July, 10am - 4.30pm and
Sunday 17th July 10am - 4.00pm**

at

The Village Hall, Norton Bavant, Warminster, Wilts. BA12 7BB

Saturday £22, Sunday £22. Advance payment for the weekend £40.

This cost is a suggested donation; please enquire about concessions.

(Teas/coffee included.)

Bring picnic lunch.

After some years as a lay resident, Renato undertook two closed long-term retreats at Samye Ling Tibetan Buddhist Centre in Scotland. His first closed retreat (3 years and 3 months) ended in 1997. After establishing Dharma centres in his native northern Italy, Renato entered a second retreat of 4 years, which he completed in June 2009. Currently he is the spiritual representative in Italy of Lama Yeshe Lotsal, Abbot of Samye Ling. Renato has received teachings and transmissions from many of the greatest Kagyu Lamas. He regularly serves as Italian interpreter at teachings from Tibetan lamas. He has a Masters in Mindfulness-based Therapy, and is an Instructor in Mindfulness, a natural progression from his long experience as a committed practitioner of meditation, and his understanding of the Buddhist science of Mind.



Renato with Lama Yeshe Lotsal

For maximum benefit come to both days!

Weather permitting, there will be walking meditation on the lawn.

We will have a short Chenrezi (Compassion) puja on Saturday at about 5pm.

There are chairs to sit on. If you are happy to sit on the floor please bring a cushion and blanket.

The weekend of Mindfulness and Dharma is open to all. Those new to Dharma (or to mindfulness) are welcome, as well as those of you wanting to refresh your own practice.

Bookings/Information: Hilary Armstrong, tel: 01985 850875

*Wylve Valley Meditation is affiliated to Kagyu Samye Ling Tibetan Centre as a Study Group.
All proceeds go to its activities and events, and to a charity educating Tibetan children.*

Please complete and return the enclosed booking form to secure your place

"Our Mind - our Well-being"

Evening Talk

with

Renato Mazzonetto Ph.D

Sunday, 17th July 2011, at
7.30pm

at Dewey House, North Row,
Warminster, BA12 9AD

Renato speaks from long experience as a practitioner and teacher of meditation, and from his training at the Italian Institute of Mindfulness.

How are we to care for this precious, invisible thing we call 'mind'? Is our mind making us happy or unhappy?

Suggested donation £4.50 - proceeds to the education of Tibetan children.

Booking / information: Hilary 01985 850875

Park in Iceland car-park, (approach from Station Road) - a short alley connects this car-park directly to North Row (2 mins level walk to Dewey House).

Dewey House has access and facilities for wheelchair users.

(Event organised by Wyllye Valley Meditation, affiliated to Kagyu Samye Ling Tibetan Centre)