



Wylve Valley Meditation

Balancing Emotions

Evening Talk

with

Renato Mazzonetto Ph.D

**Sunday, 22 July 2012, at
7.30pm**

at The Civic Centre, Sambourne
Road, Warminster BA12 8LB

Our emotions can sweep us away, or be tightly locked up. If we can get the balance right, we feel happier, more harmonious, more free. And so does everyone around us!

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

Suggested donation £5.00 - proceeds to the education of Tibetan children.

Booking / information: Hilary 01985 850875

Free parking Sunday outside the Civic Centre.

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