

# ABUNDANT JOY FROM THE LAND OF SNOWS

## TIBETAN NEW YEAR FESTIVAL

- MEDITATION FIESTA
- PRAYERS FOR THE DALAI LAMA'S LONG LIFE AND WELL-BEING



Tibetan Buddhist Society

17 & 18 MARCH 10.30AM - 4PM

### LEARN TO MEDITATE

- Free meditations throughout the weekend.
- Talks each day by leading Buddhist teachers with some guided meditation.
- A discussion and question and answer session at 1 pm Sunday with Buddhist teachers on how to make the most of your meditation practice. Here you'll get the opportunity to explore different ways to develop your meditation.
- Free children's meditation session each day, a relaxed, gentle session with a story and meditation.

#### CAFÉ, SHOP & MARKET

A variety of fare at the festival cafe, with coffee, chai and home-made cakes. The Enjoyment Shop and market with wares made locally and around the world - soaps, books, incense, cards, meditation cushions and traditional Tibetan shawls, clothing and jewellery.

#### DISPLAYS

Beautiful images of old Tibet, newer Tibetan communities in India, temples and the Society's story since it was first formed in 1979. DVDs and films are shown during the weekend of His Holiness the Dalai Lama's teachings and exploring the story of Tibet.

### BEAUTIFUL ENVIRONMENT

The 10 acre gardens, lawns, lakes and temple offer a beautiful and serene setting for visitors. New seating will enhance the enjoyment of the gardens filled with flowers and trees - many varieties of roses, salvias and marigolds, golden robinias, Californian redwoods, olive trees, birds and wildlife. The magnificent Tibetan temple is filled with Tibetan paintings and statues and is a beautiful place for rest and contemplation.

#### TEMPLE AND GARDEN TOURS

Regular tours of the temple explaining its fascinating history and significance. Garden wanders focus on organic methods and how to cultivate roses, salvias and many other beautiful plants in our challenging climate.

Tibetan Buddhist Society, 1425 Mickleham Rd (Access Cookes Rd), Yuroke, VIC 3063 Melways 385 J8

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Festival entry \$5. Family rate \$10 for parents and school age children or younger.