

WFWP Oceania: Free Mindfulness / Meditation webinars with Ven. Bodhicitta

Anne Bellavance
April 30, 2020



Minfulness/Meditation webinar series

FREE WEBINARS

Your Peace of Mind: an opportunity to rest, relax,
rejuvenate and start afresh.

Conversations with Ven. Bodhicitta

Saturdays 9:30-11:30am ~ guided meditation ~ presentation ~ discussion



*Keys to live a
Balanced Life*

**Sat. May 23rd
9:30 - 11:30am**

Covid-19 has alerted us to the need to live a balanced life! Venerable will share how to boost the immune system by eating an alkaline diet, Vitamin D, exercise, and time management.

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*Secrets to live a
Stress Free Life*

**Sat. May 30th
9:30 - 11:30am**

Stress is today's silent killer! During this webinar, Venerable will be sharing Buddhist wisdom to enable us to relieve life's stresses. It's time to choose to live a meaningful life.

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*The Magic of
Breath*

**Sat. June 6th
9:30 - 11:30am**

Breath is life! Secrets to unfold hidden powers within us. Controlled breathing techniques provide deep relaxation and enable us to live a long healthy life.

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*Wisdom gained
from Universal
Shared Values*



*Venerable
Bodhicitta*

**Sat. June 13th
9:30 - 11:30am**

Awaken the higher self to
live a better life! Let's
join together to make
our situation better.



Venerable Bhikkhuni
Bodhicitta is a Sri
Lankan Theravada
Buddhist Nun based in
Melbourne. She is
spiritual Director of
ICIPH with over 35
years' experience.

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