

Meditation classes to help
reduce stress and anxiety

Yoga Classes

Sunday 23rd, November 2014

from 6:00pm to 8:00pm

@

Temple Premises

for FREE booking,

contact Miss Sugandi on 075 776 55595

as spaces are limited

info@athuladassanatemple.org

Organized by

ATHULA DASSANA

Multi-Culturel Buddhist Community Centre

02079980713 , 07877742297

