



Cultivating the Qualities of the Nature of our Heart and Mind : Loving Kindness, Joy, Compassion and Wisdom through Shamata Meditation and Tara Yoga

A six weeks course to be in sacred space together, opening our hearts through movement and breath, through colour and sound ritual feeling being the essence.

Shamata Meditation calm-abiding Meditation is a Tibetan Buddhist practice of observation with no judgement being in spaciousness in the syllable A

Tara Yoga is a Tibetan Buddhist practice that cultivates the Qualities of the nature of Heart and Mind: Compassion and Wisdom

We will dance, we will make art, we will chant, we will be in breath and in creativity together in the freshness and fertility of each moment in presence.

Hope you join.

About the course facilitator: Fawzia Afifi is an Art Psychotherapist, artist, Tibetan Buddhist practitioner and practices Sufi whirling www.prajna.space

Sunday February 12th - Sunday March 19th

Online on Zoom

Cost £180

If you cannot afford the cost of the course, you are welcome to join and pay as much as you can.

Advance booking by February 5th through the website or contact Fawzia a_fifi@hotmail.com