

WLBC Open Day Schedule

Saturday 7 September 2019

Time	Small Shrine Room	Main Shrine Room	The Studio
10.00 – 10.50	Mindfulness for Stress/Health Bodhilila	Sitting Comfortably in Meditation Amlanadhi	Vinyasa Flow Ines
11.00 – 11.50	Buddhism in the City Yashobodhi	Mindfulness of Breathing Amlanadhi	Qi Gong Pawel
12.00 – 12.50	Introduction to Buddhism Ratnadeva	Kindness Meditation (Metta Bhavana) Yashobodhi	Hatha Flow Kiki
13.00 – 13.50	Practical Buddhism Ratnadeva	Mindfulness for Stress/Health Tina	Feldenkrais Sophie
14.00 – 14.50	Kindness Meditation (Metta Bhavana) Abhayadevi	Meeting the Buddhas Bodhilila	Hatha Yoga Jake
15.00 – 15.50	Mindfulness for Stress/Health Tina	Walking and Sitting Meditation Tarakarunya	Introduction to Trauma and Tension Release Exercises Vilasamani
16.00 – 16.50	Buddhist Chanting Tarakarunya	Mindfulness of Breathing Meditation Vilasamani	Gentle Yoga Rose

and stay on for our **Sangha Soiree conscious party night 6-11pm:**
meditation -vegan food & non-alcoholic drink -performances -dancing