

**Monday nights in January  
2, 9, 16, 23 & 30th 2012 at 8pm**

**Preparing our minds  
for the year ahead**

***with Judy Mayne, 2 & 9 & 16th January***



The January introduction to Buddhism sessions will combine a brief talk and complementary meditation techniques on positive ways to develop more contentment, awareness and some peace of mind. There will be a focus on strategies to develop a positive start to the new year and ways to effectively deal with recurring difficulties. Meditation techniques with this aim in mind will complement the talk/discussion.

***with Allys Andrews - 23rd & 30th January***



Over these two Monday nights we will look at our existing resolutions for the year ahead, checking to see if they are doable and really beneficial. Settling the mind in meditation allows decision making to be clearer, and more inclusive of others. The aim is to develop a stronger, more positive mind to enable our intentions to be realised.