

# Tara Institute



## School Program

### Primary School Introduction to Tibetan Buddhist Meditation

“If every 8 year old in the world is taught meditation, we will eliminate violence from the world within one generation.”

— Dalai Lama XIV



**C**hildren have an inner source of wisdom, and if cultivated, can stand them in good stead for navigating life’s challenges. Distracted minds such as anger, anxiety and stress cause us endless difficulties. Discovering that each and every one of us has an inner world of compassion, love and wisdom can help alleviate these everyday problems.

The power of meditation to calm the mind and bring balance to our world cannot be underestimated. A simple secular mindfulness meditation is offered as part of the session. Research based evidence shows that it can be helpful for relaxing the body and mind as well as supporting students’ ability to concentrate.

The presentation can also lean more towards introducing mindfulness and meditation skills as a means to discover an inner source of happiness.

**Tara Institute** is a Tibetan Buddhist Centre in the tradition of His Holiness the Dalai Lama. We have offered “Introduction to Buddhism” classes for the last 35 years to primary and secondary schools, TAFEs, universities, U3A, and workplaces.

Our teachers are happy to run classes in schools or welcome students to Tara Institute in the beautiful meditation hall. Sessions typically include the life story of the Buddha, what the Buddha taught about loving kindness and being wise, and plenty of time for questions.



Please contact the centre to arrange a visit to Tara Institute or to organise an experienced speaker to come to you.

All teachers have a current Working With Children Check.

For more information, please contact [admin@tarainstitute.org.au](mailto:admin@tarainstitute.org.au) or call 03 9596 8900