

Tara Institute



School Program

All Ages Students Introduction to Tibetan Buddhist Meditation

Modern life is often filled with anxiety and stress. For young adults this can be particularly challenging in a world full of social media, peer group pressure, and establishing your identity as an adult.

Distracted minds such as anger, worry and fear cause us endless difficulties in life. Discovering that each and every one of us has an inner world of compassion, love and wisdom can help alleviate these everyday problems. Research based evidence shows that meditation can be helpful for relaxing the body and mind as well as supporting students' ability to concentrate.



Our teachers are happy to run classes in schools or welcome students to Tara Institute in the beautiful meditation hall. Sessions typically include some explanation of Tibetan Buddhism and how it came to the west, the role of His Holiness the Dalai Lama, and an explanation of the central tenets of Buddhism such as the Four Noble Truths and how they relate to contemporary life. These sessions can also be catered to your particular needs.

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.

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 or call 03 9596 8900