

YOU DON'T HAVE TO BE A BUDDHIST MONK TO FIND THE SECRET TO TRUE HAPPINESS



www.16guidelines.org
www.compassionandwisdom.org

HAPPINESS WORKSHOP 2 DAYS - 16 GUIDELINES

The 16 Guidelines provide a simple, robust framework for reflecting on the ways we think, speak, act and find meaning in life.

The Bodhicharya Buddhist Group are hosting this 16G workshop, and because of its broad general appeal we wanted to make sure everyone, Buddhist and non Buddhist, atheist, Christian, Hindu, Muslim and the undecided alike - ALL have an opportunity to attend if interested. As HH Dalai Lama says, 'we are not looking for recruits!' All you need is the wish to be truly happy.

WHEN

Sat 2nd & Sun 3rd November 2013,
10am - 5.30pm

WHERE

Birdham Village Hall, Nr Chichester

COST

£40 /person for both days

NB. We only aim to cover our costs and any profits will go to Rigul Trust, UK registered charity dedicated to health, education and poverty relief, especially in Rigul, Tibet. (www.rigultrust.org)

FOR MORE INFORMATION OR TO *BOOK A SPACE

Call 07894 909 201 or
email nicolahobson@gmail.com

* Spaces are limited so early booking is advised. We will keep a reserve list too.

