



Lama Tendar Bellingen Workshops

Lama Tendar is a Tibetan Buddhist Monk, known for his healing energy and beautiful harmonic chanting. He is also a teacher and artist and resides in Melbourne, Victoria at the Medicine Buddha Tantrayana Meditation Centre.

Lama Tendar will be in Coffs Harbour and Bellingen from 26th August to 2nd September for workshops, talks and healing sessions. Everybody is welcome and all proceeds from sales go towards the Tibetan Children's Fund.

Saturday 2/9 Medicine Buddha Retreat - Healing the Mind Through Wisdom and Compassion

During this one day retreat, Lama Tendar will teach the Medicine Buddha practice and give the energy transmission for the Medicine Buddha mantra. Medicine Buddha is the healing Buddha. He is the King of the Healers. By visualising his face and reciting the mantra, we are filled with blessings and can remove sickness and disease to live strong and healthy lives. Learn to heal yourself and others and be of benefit to all those around you.

SUNDAY 3/9 -SINGING BOWL WORKSHOP AND HEALING SOUND BATH

During this workshop, Lama Tendar will offer teachings on the nature of sound and how sound can be healing at a mental, physical and emotional level. Come along and learn how to use Tibetan singing bowls and as part of the workshop, there will be a full sound healing which will calm and deeply relax you at all levels. Benefits of sound healing include a reduction of stress, balancing chakras, and the synchronisation of vital healing energy.

Saturday 2/9
MEDICINE BUDDHA
RETREAT – HEALING
THE MIND THROUGH
WISDOM AND
COMPASSION

Bellingen Showground
Main Hall

10am - 5pm

\$90 per person

(\$80 concession)

Please bring a plate to
share during lunch

Registration for
Saturday 2/9

<https://www.eventbrite.com.au/e/medicine-buddha-retreat-healing-the-mind-through-wisdom-and-compassion-tickets-36479884316>

There will be Tibetan singing bowls available for sale on the day. Proceeds from sales will go to the Tibetan Children's Fund.

Sunday 3/9
SINGING BOWL
WORKSHOP AND
HEALING SOUND
BATH

Bellingen Showground
Main Hall

10am - 5pm

\$90 per person
(\$80 concession)

Registration for
Sunday 3/9

<https://www.eventbrite.com.au/e/singing-bowl-workshop-and-healing-sound-bath-tickets-36479938478>

Enquiries: call Karen on
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