



Lama Tendar Coffs Harbour 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 26/8 - SOUND WORKSHOP, MEDITATION AND GROUP HEALING WITH LAMA TENDAR

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.

SUNDAY 27/8 - INTRODUCTION TO MEDITATION AND SOUND BATH HEALING WITH LAMA TENDAR

This workshop will introduce meditation and sound bath healing through the teaching of sacred sound, vibration and clearing energy through cleansing the chakras. Everybody is welcome. There will be Tibetan singing bowls available for sale on the day. Proceeds from sales will go to the Tibetan Children's Fund.

Saturday 26/8

Sound Workshop –

10am to 1pm

Group Healing – 2pm
to 4pm

Casuarina Steiner
School

\$110 per person
(\$90 concession)

Please bring a plate to
share during lunch

Registration for Saturday 26/8

<https://www.eventbrite.com.au/e/sound-workshop-meditation-and-group-healing-with-lama-tendar-tickets-36479786022>

Enquiries: call Karen
on 0416017372 or
email

kjpcoaching@live.com.au

Sunday 27/8

1pm - 5pm

Introduction to
Meditation and
Sound Bath Healing
Toormina
Community Centre
171 Toormina Road
\$75 per person
(\$75 concession)

Registration for Sunday 27/8

<https://www.eventbrite.com.au/e/introduction-to-meditation-and-sound-bath-healing-with-lama-tendar-tickets-36479832160>

