



3 DAYS TARA RETREAT WITH LAMA TENDAR

19th to 21st AUGUST 2017

During this special three days retreat, Lama Tendar will transmit White Tara initiation, which increases our spiritual energy to assist in developing warm heartedness. It also is a protection from negativity and fearful states of mind, which is the cause of stress, anxiety and tension.

The beautiful White Tara meditation helps us to develop wisdom and compassion. We pray to Tara for long life, to be free from illness, in order to practice compassion for the sake of living beings.

Mother Tara brings success to our projects and aspirations, she also embodies the motivation that is compassion and accelerates the development of meditational insights into the nature of true reality/emptiness.

Time: 9am to 5pm

Cost: \$220 (concession \$210)

Venue: 132 Kars Street. Frankston South. 3199.

Contact: [\(03\) 9766-0768](tel:0397660768) for bookings or email info@tendar.net

Please bring a plate of vegetarian food to share for lunch.

There is limited accommodation at the centre.

Bookings are essential for the retreat and accommodation.



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