



# ANANDA BUDDHIST CENTRE



11am to  
4pm

Tea, coffee and light  
refreshments.



## Open Day!

## Sunday the 20th of October

**Free Activities all day!**

Starting each hour

Guided Meditation—15 min

Walking meditation—15 min

Dharma Talk, Q&A—15 min

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Children's Activities

Buddhist Flag making

Mandala Colouring-in

For over 15 years Ananda Buddhist Centre has taught Buddhism and meditation to the Rockhampton community. The Centre is an inclusive Buddhist Centre in Central Queensland.

We offer classes Thursday and Sunday each week in meditation and Buddhist teaching.



**Cnr Hinchliff & Munro Sts,**

**North**

**Rockhampton**

**Phone: Irena 0417 259 669**

**No need to book**

**All Welcome**