

# Insight North East



**Introduction to Buddhist Meditation**  
Free 8 Week Evening Course  
Starting Thursday 16<sup>th</sup> February

**Learn about the Buddha's teachings on meditation, mindfulness and the path to a happier life**

**Venue:** Friends Meeting House 23 Front Street, Monkseaton, NE25 8AQ

Insight (or Vipassana) Meditation has been practised since the time of the Buddha. Modern science is starting to recognise its numerous benefits, including greater happiness, more resilience and an improved ability to manage negative thoughts.

This informal and friendly class is suitable for beginners as well as experienced meditators. Sessions

will take place on Thursday evenings from 7-8.30 pm, and will include a guided practice, a short talk and the opportunity to ask questions.

**If you're interested in living a more awakened life, with greater peace of mind, come and learn some meditation skills.**

**No previous experience required**



**Meditation is relatively simple and can be practised anywhere. It isn't necessary to be a Buddhist to benefit from it and it doesn't require any special beliefs or rituals.**

To find out more call 07508 055643 or email [walter@whitleybay.plus.com](mailto:walter@whitleybay.plus.com)