

CHANGE YOUR MIND



AN INTRODUCTION TO BUDDHIST MEDITATION

Saturday 1st October 2011 10 a.m. until 1 p.m.

**Quaker Meeting House Crown Street
(Next to Shirlaw's Motorcycle Shop)**

Free of Cost – All Welcome

ABERDEEN BUDDHIST GROUP

Contacts: Nigel – 01224 705960

Alan – 01224 276810

e-mail: aberdeenbuddhistgroup@yahoo.co.uk

web: www.aberdeenbuddhistgroup.org.uk