RELAX THE MIND

AWAKEN THE HEART

BUDDHISM MADE EASY

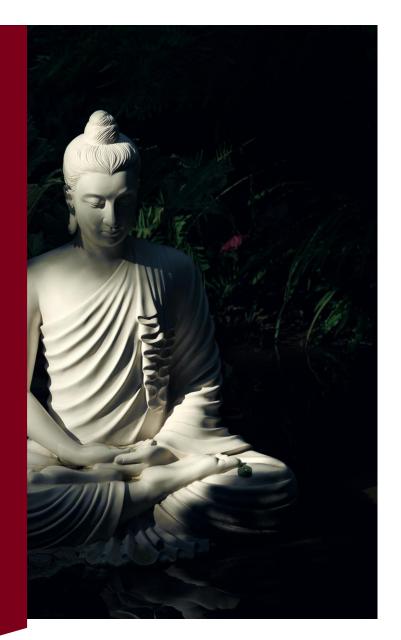
17TH, 24TH & 31ST AUGUST 2025

COURSE WITH

LAMA PEMA

LIVE ONLINE

PRISTINE AWARENESS: FOUNDATION FOR BUDDHIST PRACTICE



You need far less than you think to awaken!

Join us for *Buddhism Made Easy*, an online course that explores Buddhism not as a religion, but as a practical way of living infused with clarity, compassion, and ease. This online course introduces participants to the heart teachings of the Buddhist tradition, including simple yet powerful meditation techniques accessible to everyone. Whether you're new to Buddhism or seeking to deepen your understanding, this course offers a gentle and grounded approach to living a purposeful and contented life. Suitable for people of all faiths or those of no faith at all.

The course will be led by Lama Pema, who is a Buddhist teacher with more than 40 years practice experience, the author of numerous books about Buddhism, and a transpersonal counsellor.

Click **HERE** to register for the course.

10am – 12pm August 17th · 24th & 31st 2025 Australian Eastern Standard Time (Sydney Time Zone)

BY DONATION LIVE ON ZOOM

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