

RELAX THE MIND  
AWAKEN THE HEART

# BUDDHISM MADE EASY

17<sup>TH</sup>, 24<sup>TH</sup> & 31<sup>ST</sup> 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 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> 2025  
Australian Eastern Standard  
Time  
(Sydney Time Zone)

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**BY DONATION**  
**LIVE ON ZOOM**

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