



EASEWELL

SPIRITUAL HEALING AND COUNSELLING

RETURNING TO WHOLENESS

SELF-HEALING THROUGH THE POWER OF
MEDITATION, VISUALISATION AND SOUND

WITH LAMA PEMA DÜDDUL

AN EASEWELL WORKSHOP

Offered twice to suit different time zones

OPTION 1

 Sunday 20 September 2026

 10am – 1pm
(Brisbane, Australia time zone)

OPTION 2

 Saturday 26 September 2026

 4:00 pm – 7:00 pm
(Brisbane, Australia time zone)

 Online on Zoom

 All welcome

 **\$60 AUD** 



Register here:

<https://www.pristine-awareness.org/Registration-Form.php>

*This workshop is in collaboration with Pristine Awareness Foundation,
who will manage registration, payment, and supply the Zoom space for the workshop.*