

Bonni Ross in Nelson

January to May 2012

WORKSHOPS

Working Weekend at the Wangapeka Retreat Centre

- January 20th – 22nd
- Cost: Dana (koha). Bring food to share
- Contact
retreatcentre@wangapeka.org.nz

Weekends in Nelson

- February 17th – 19th
- March 9th – 11th
- Venue: Blossom House, 1 Tory Street
- Cost: \$180 waged, \$140 unwaged

Themes to be announced*

WEEKLY CLASSES

Thursdays, *Awakening in Community*

For anyone interested in exploring community from a spiritual point of view

- Starting 12th January, 7:00 – 8.30pm

Tuesdays, *Buddhadharma in Daily Life*

For everyone interested in learning about Buddhadharma

- Starting 17th January, 7.00 – 8.30pm
- Cost: Dana (koha)
- Venue: Nelson Buddhist Centre, 87 Nile St, Nelson
- Contact: jane.hobday@clear.net.nz

RETREAT — Energy Rides the Winds — April 6th to May 6th

An exploration of *Ānāpānasati*, meditation on breathing.

You are welcome to start at the beginning and stay as long as you can. However, preference will be given to those able to commit to the whole retreat.

- Venue: Wangapeka Study and Retreat Centre
- Cost: Members: \$1710 for 30 days, Non members: \$1890 for 30 days
- Contact: retreatcentre@wangapeka.org



Bonni Ross is a dynamic and inspirational teacher who communicates the Dharma with passion, humour and attention to the needs of each person.

Her classes explore both the philosophical and theoretic foundations of the teaching of awakening, as well as providing practical and pleasurable methods for increasing awareness, kindness and wisdom in daily life.

Bonni has studied and practised in the Theravadan and Vajrayana traditions of Buddhism for 40 years. She founded Sunshine Coast Retreat House in Canada which is where she now lives. She leads retreats for depth unfoldment in centres throughout the world.

*For updated information on events with Bonni Ross in Nelson

www.wangapeka.org/program/bonninelson.html