

# Meditation Workshop & Dharma Talk with Thanissara

in aid of The Khuphuka Project,  
in Kwa Zulu Natal, South Africa

LOCATION: Samadhi Yoga Studio, Cow's Lane, Temple Bar  
(opposite Queen of Tarts Cafe)

Thanissara will be returning to Dublin, on the 18th of September, and will be offering a meditation workshop and Dharma talk, all proceeds of which will go towards the Khuphuka Project, an HIV/AIDS outreach program in South Africa.

The workshop is by donation, and everyone is welcome to come along - whether you are a seasoned practitioner, or interested in finding out about meditation practice. This is a wonderful opportunity to hear the Dharma and to practice with an internationally renowned teacher. Your donation will also go towards providing life-saving services and support in a desperately impoverished community, local to Thanisara and Kittisaro's retreat centre in South Africa.



**Sunday, 18 Sept**  
**2.00 - 4.00pm**  
**by donation**

Thanissara is a Buddhist practitioner since 1975. She was ordained for 12 years as a Buddhist nun and has taught Buddhism and meditation internationally for 20 years. Along with Kittisaro, her husband, she is co-director of **Dharmagiri Hermitage** in South Africa and **Sacred Mountain Sangha** in the US. She has an MA in Mindfulness Psychotherapy Practice from Middlesex University & the Karuna Institute UK. Currently she lives in the USA and is co-facilitator of the Community Dharma Leader Program at Spirit Rock Meditation Centre CA, USA.