



# ancient arts

for modern minds  mark webber

Queenstown Dharma House, Phone 03 441 8008

## March

- 7<sup>th</sup> at 7.15pm Free Public Talk at 12 Lake St., Queenstown
- 8-9<sup>th</sup> at 7.15pm Free Public Talk-Wanaka Yoga Centre,  
74 Ardmore Street, upstairs (Wanaka only)
- 11-13<sup>th</sup>\* Meditations on the Union of Loving-kindness and Emptiness
- 16-18<sup>th</sup>\* Sarasvati Initiation & Urban Retreat,  
(3 days of meditations on learning, and creativity)
- 20-21<sup>st</sup>\* Guided Meditations for Liberating the Mind and Body
- 23-25<sup>th</sup>\* Medicine Buddha Initiation and Urban Retreat  
(3 days of teachings on health and well being)

## April

- 21<sup>st</sup>-May 12<sup>th</sup>\* Meditation Retreat at Makarora  
(call or e-mail for availability for 1 or 3 weeks)

## May

- 16-17<sup>th</sup>\* Meditations on the Union of Loving-kindness  
and Emptiness (part II)
- 18-20<sup>th</sup>\* Chenresig Initiation and Urban Retreat
- 23, 25 & 27<sup>th</sup>\* Guided Meditations for Liberating the Mind and Body

**\*Times and other details will be advised at the Free Public Talks  
in Queenstown and Wanaka.**

Note: Donations to the Teacher are not part of the class fee that supports  
the Queenstown Dharma House.

Class fees are \$5 per person unless otherwise stated.



## Mark Webber (Lama Yongdu)

has been teaching and practicing meditation for over 30 years.

Visit his website at: [www.markwebber.org](http://www.markwebber.org)  
or email us at [qtnindharmahouse@yahoo.com](mailto:qtnindharmahouse@yahoo.com)