Anne Bellavance April 30, 2020



FREE WEBINARS

Your Peace of Mind: an opportunity to rest, relax, rejuvenate and start afresh.

Conversations with Ven. Bodhicitta



Keys to live a Balanced Life

Sat. May 23rd 9:30 - 11:30am

Covid-19 has alerted us to the need to live a balanced life! Venerable will share how to boost the immune system by eating an alkaline diet, Vitamin D, exercise, and time management.

REGISTER link >>



Secrets to live a Stress Free Life

Sat. May 30th 9:30 - 11:30am

Stress is today's silent killer! During this webinar, Venerable will be sharing Buddhist wisdom to enable us to relieve life's stresses. It's time to choose to live a meaningful life.

REGISTER link >>



The Magic of Breath

Sat. June 6th 9:30 - 11:30am

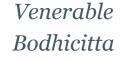
Breath is life! Secrets to unfold hidden powers within us. Controlled breathing techniques provide deep relaxation and enable us to live a long healthy life.

REGISTER link >>



Wisdom gained from Universal Shared Values





Sat. June 13th 9:30 - 11:30am

Awaken the higher self to live a better life! Let's join together to make our situation better.



Venerable Bhikkhuni Bodhicitta is a Sri Lankan Theravada Buddhist Nun based in Melbourne. She is spiritual Director of ICIPH with over 35 years' experience.

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