

# Stop the Week in Style

@ Buddha Land Buddhist Centre Keighley



Buddha  
Land  
Buddhist  
Centre

Unwind from your week with a guided meditation and delicious vegetarian meal

# Stop the Week

## Fridays 7.30pm - 9.30pm

You are invited to relax at the end of the week at Buddha Land Buddhist Centre, Keighley. Let go of the week's strains and stresses with a guided meditation and enjoy a delicious three course vegetarian meal with great company.

The evening begins at 7.30pm with a guided meditation and short talk to bring peace and spiritual focus to the week. This is followed by dinner in our delightful new cafe area.

It is usually possible to cater for special dietary requirements if good notice given. Group bookings are welcome.

**Cost:** £11 per person. Please book in advance using the form below or by calling the centre. You can also book on-line at our website.

**Dates:** Friday 29 Jan, 26 Feb, 26 Mar, 23 Apr, 21 May, 25 Jun, 16 Jul, 24 Sept, 22 Oct, 19 Nov 2010

### Contact Details:

Buddha Land Kadampa Buddhist Centre

1 Lawkholme Crescent, Keighley, BD21 3NR

Tel: 01535 958189, Email: [info@enjoymeditation.org](mailto:info@enjoymeditation.org)



A member of the New Kadampa Tradition - International Kadampa Buddhist Union. Registered Charity: 1087209

Name: .....

Address: .....

Postcode: ..... Tel: .....

E-mail: .....

I would like to book ..... places for ...../2009

& enclose a deposit of £ ..... (£5 per person)

**[www.enjoymeditation.org](http://www.enjoymeditation.org)**