



# **CALM ABIDING**

## **RELAXATION AND MEDITATION**

**Every Tuesday at 10am**

These online meditation classes are secular in approach and open to all, both Buddhists and non-Buddhists. The classes are suitable for beginners and longer term meditators and are free. Join at any time. The class lasts 30 minutes and is followed by an optional question and answer session. To attend, download the free Zoom app and then visit our website. Click on the “Workshops & Classes” tab and then the orange “JOIN” button to enter the class. Please note, The timezone for these classes is Australian Eastern Standard (Sydney).

**Weekly classes**

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**Live online using  
Zoom**

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**10am Tuesdays**

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**Learn from your  
home or office**

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**All welcome**

**JALÜ**  
**Buddhist Meditation  
Centre**

Email:  
jalu.meditation.centre@gmail.com  
Phone:  
0431 185 312

<https://jalumeditation.org>

