



## **HEART ADVICE OF THE WISDOM YOGINIS ONLINE SEMINAR SERIES**

**Fortnightly on Saturdays from 2pm to 4pm\***

This series of four online talks will explore the heart advice of a series of women masters, beginning with enlightened nuns from the time of the Buddha and then focusing on the pith instructions of three realised women of the Tibetan Nyingma tradition: Yeshe Tsogyal, Sera Khandro and Ayu-Khandro. Each talk will provide commentary on the written advice of these enlightened women masters in a way that makes their teachings applicable to daily practice and everyday life. The advice of these women masters covers the entire path, from its foundation in The Four Noble Truths to its culmination in enlightenment.

The seminars will be given by Pema Düddul. Pema has decades of experience as a Buddhist practitioner and has taught mindfulness and meditation in Buddhist and educational settings since 2007. For more information about Pema Düddul go to: <https://jalumeditation.org/Our-Instructors.php>

**Dates: January 23<sup>rd</sup>, February 6<sup>th</sup> & 20<sup>th</sup>, March 6<sup>th</sup>**

*\* Time is Australian Eastern Standard (Brisbane).*

**Live On Zoom**

**Fortnightly**

**Saturdays**

**2pm to 4pm**

**Beginning Jan 23**

**\$45 AUD**



**JALÜ**

**BUDDHIST**

**MEDITATION CENTRE**

Highfields, QLD, 4352

**Bookings Essential**

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

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