



Melbourne  
Insight  
Meditation

# Tuesday Night Meditation

Presented by Melbourne Insight Meditation

**Where** Stanley Ave Studio, 61 Stanley Ave, Mt Waverley  
Also online via zoom (code upon booking)

**Time** Every Tuesday 7:30- 9 pm  
(7:20 pm for a 7:30pm start)

**Fee** \$10 + Dana\* Donations appreciated

**Info** call Hart on 0409 696 778



[www.melbourneinsightmeditation.org](http://www.melbourneinsightmeditation.org)

Melbourne Insight Meditation is a secular group that is not affiliated with any religious organisations. It focuses on the teachings of the Buddha as presented in the vipassana, or Insight Meditation, tradition.

**Beginners and advanced  
practitioners welcome**

Meditation cushions  
and chairs provided

\*Following the Buddhist practices of generosity the teachings are given on a Dana (gift/donation) only basis. Your monetary contribution enables the teachers to continue this work.