

Metta

meditation classes

guided by **Venerable Chuan Ren**



Schedule

Date: 3/8/2009 – 24/8/2009

Day / Time: Every Monday, 7:30pm – 9:00pm

Venue: Awareness Place Well-Being Centre #03-39 Bras Basah Complex

Language Medium: English

Course Offering: \$30 (4 sessions)

About the Teacher

Venerable Chuan Ren has been to Taiwan, Malaysia, Sri Lanka, etc. to practise meditation. He has also spent years in Myanmar, learning & practising this Vipassana meditation under the tradition of the late great master Mahasi Sayadaw.

Venerable Chuan Ren does regular retreats and studies with his master Venerable Chammyay Sayadaw in Myanmar to continuously improve his understanding of this profound method. A simple monk, he guides you systematically to understand and eventually, let you experience the fruit of meditation directly yourself.

Experience **What is Loving Kindness?** in 4 sessions

Loving kindness can be practised anywhere.
This wonderful connection will calm your life
and keep you connected to your heart.

May I be filled with loving kindness.

May I be well.

May I be peaceful and at ease.

May I be happy.

May he/she be filled with loving kindness.

May he/she be well.

May he/she be peaceful and at ease.

May he/she be happy.



In support of Awareness Place Well-Being Centre, may we be filled with good qualities, happy in Dharma,
and ever supportive of the welfare of all beings

Please call 6336 5067 visit www.awarenessplace.com
or email semd@kmspks.org to register or enquire