Lama Mark Webber

Meditation Classes and Retreat

Auckland, February and April 2011

The Path of Liberation-Meditation: Explained Step by Step in an Evening

Date: 04 February · 7:30pm - 9.30pm

Location: Prema Room, Wellpark Wellness Retreat Centre at Kawai Purapura, 14 Mills Lane

Lama Mark Webber will give an evening talk on Meditation.

Questions welcomed.

Cost: $5 room hire fee. Plus Dana (Donation) to the Teacher. Lama Mark lives only on donations please give generously.

The Union Of Sound & Awareness
A Seven day meditation retreat

Date: 05 April at 8:00am - 12 April at 12:00pm noon

Location   Bella Rakha Retreat Centre, Oratia, Auckland

This one-week retreat focuses on exploring the unity of awareness and sound. Not only can sound soften the 'heart;' and brighten awareness, but it leads to profound changes in all levels of inner and outer communication. We will deeply explore many levels of sound; song, sounding of syllables, breath, movement with mindfulness and mantra yoga. The retreat will be full days based completely at the centre, and with sleeping at the centre in separate rooms.

The Empowerment (Wongkur) of Sarasvati will be given, on April the 11th which anyone may attend. Please contact Mira, of the Auckland Sphere Group for more info, contact details below. These teachings are in the tradition of Namgyal Rinpoche.

The Importance of Mindfulness and Investigation in Freeing up Hindering Emotional States

Date: 05 February · 9:00am - 12:00pm noon

Location: Lotus Sanctury, Wellpark Wellness Retreat Centre at Kawai Purapura, 14 Mills Lane

Lama Mark Webber will give body based mindfulness meditations. Please wear loose clothing, and bring a blanket and a cushion suitable for meditation.

Cost: $15 room hire fee. Plus Dana (Donation) to the Teacher. Lama Mark lives only on donations please give generously.
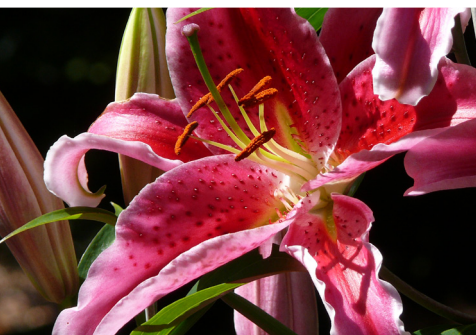

For further information and booking please email Mira on georginamira@yahoo.co.nz or call 021 548 781

For information about Lama Mark please visit: www.markwebber.org