



**BACK TO THE  
ROOTS**

**SIX-WEEK COURSE**

**MINDFULNESS ACCORDING  
TO THE BUDDHA**

# Facilitated by Paul Wielgus, the six-week 'Mindfulness According to the Buddha' course will include meditation practice, discussion and inquiry



Paul has meditated for over 20 years, and received teachings from both Tibetan and Western Buddhist teachers. Having previously taught basic Buddhism, he is currently teaching meditation and mindfulness in his local community, and as part of his work as a facilitator and coach.

Paul is also connected with the Foundation for Developing Compassion & Wisdom (FDCW). This is an organisation dedicated to bringing Buddhist teachings to the secular world, whose patron is His Holiness the Dalai Lama. Paul coaches and facilitates using the FDCW mindfulness based tool, 16 Guidelines for Life.

## LOCATION

Black Swan Arts Centre  
2 Bridge Street  
Frome BA11 1BB

## COURSE DATES

Thursdays 19.00-21.00  
(Jan 28 / Feb 4, 11,  
18, 25 / Mar 3 2016)



**COST** (inc. course book, 'The Miracle of Mindfulness' by Thich Nhat Hanh)  
£50 (Early Bird) / £60 (If booked after 8 Jan 2016)

Please pay online, (**a/c name:** Medicine for a Happy Life, **sort code:** 09-01-27, **a/c number:** 76311480) or send cheque (made payable to **Medicine For A Happy Life**) to 15 Piers Road, West Cranmore, Somerset BA4 4QH.

If paying online, please email [paul@socialinnovation.co.uk](mailto:paul@socialinnovation.co.uk) to confirm payment.

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**[www.medicineforahappylife.co.uk](http://www.medicineforahappylife.co.uk)**

Any funds raised will be directed to our favourite charity, [www.reboottheroots.org.uk](http://www.reboottheroots.org.uk)