



Everyone is Invited!

Public Events Organized by Gomde Trust at Wester Hardmuir Woodland during May 2015.

A series events & activities to introduce to the community plans for a small meditation centre near Nairn. This is part of a public consultation process to find ways Gomde Trust can best benefit the public.

Saturday 2 nd May	<ul style="list-style-type: none"> • Meditation in Real life: Secular mindfulness. Introduction, walk on the land followed by a sharing of ideas and a pot-luck lunch. • Treasuring the Woodland. A get together of people interested in conservation and woodland management to work on plans to protect and increase biodiversity in the woodland.
Sunday 3 rd May	<ul style="list-style-type: none"> • All Buddhist Community Gathering. A chance to meet each other, explore the retreat land and exchange ideas. Followed by sharing food together in a pot-luck lunch. • Woodland Art. An introduction to a contemplative, nature inspired creative Art Experience and the ways it can help you.
Saturday 9 th May & Sunday 10 th May	<ul style="list-style-type: none"> • Lama Oser - Inner Wellbeing. Introducing Four Thoughts that can bring a powerful sense of appreciation and happiness into our lives. Combined with simple meditation techniques we have the tools to deal with many difficult situations we face everyday. Talks in both the morning and afternoon.
Friday 15 th May 5.30pm- 6.30pm	<ul style="list-style-type: none"> • Public Meeting. We will be presenting the plans in an open meeting held in Auldearn or Nairn. Lama Oser, Trustees from Gomde Scotland and Architects from MAKAR will be on hand to answer any questions.
Saturday 16 th May	<ul style="list-style-type: none"> • Gomde Open Day. A chance for members of the General Public to explore woodland owned by the charity. Introduction and guided tour. Morning and afternoon tours at 10am, 2pm & 4pm.

Timings: Morning events 10am-12pm. Afternoon Events 2pm -4pm.

No need to book, just turn up 10 min before the event starts.

You are welcome to attend any event in full or just part of it, morning or afternoon.

Bring something to share for a pot-luck lunch and walking boots if it is wet.

Directions: If you are driving west from Brodie, turn left into the large lay-by just after the Hardmuir Fruit Farm. Follow the woodland track to the very end.

Gomde Trust, Registered Scottish Charity SC040361

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