

Public Talk in Southampton:

Buddhism for living in an uncertain world.

Saturday, 24th June. 3-4pm

Friends Meeting House, Southampton (SO15 2AZ)

Zen teacher, Martin Goodson, will look at how Buddhist perspectives can help us maintain balance and remain vital in response to the challenges we face living in uncertain times. There will also be a chance to ask questions.

Martin Goodson is a senior lay-teacher at Shobo-an Zen Training Temple in London and has been teaching Buddhism, meditation and mindfulness practices for over 20 years. He was appointed as teacher-in-residence by the late Master Daiyu (Ven. Myokyo-ni). He leads classes at the temple and Buddhist Society in London as well as running retreats. He also taught at The Buddhist Society's Summer School for many years.

The talk is free of charge, and you are welcome to come along on the day. The talk is arranged by the Zen group of the Hampshire Buddhist Society. Contact: Peter at hbs.zen.group@gmail.com

