

Ven. Robina Courtin



Australian ex-political activist and feminist, Robina Courtin, has been a Buddhist nun since 1978. Teaching Buddhism around the world, Robina shatters the stereotype of a Buddhist nun, her intense and direct style leaving an indelible impression on everyone she meets.

The Heart Sutra: How To Find Our True Happiness

14-16 December 2018

The Buddhist Retreat Centre

Ixopo

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Be Your Own Therapist

13 December 2018

Session 1: 2-4 p.m. &/or

Session 2: 6:30-8:30 p.m.

Drikung Samtenling

Meditation Centre

Gillits

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"Happiness is really simple: it's what you get when you give up attachment and the other neuroses."