

Riding the Roller Coaster

A Sangha Day Retreat on Life's Ups & Downs

Life brings joy, challenge, uncertainty, and change.
How we respond shapes how we live.

During this retreat, we'll look at one of the Buddha's teachings
on navigating these shifts with clarity and compassion.

We'll look closely at how you respond to the "worldly winds"—
—especially praise and blame—and uncover how your familiar
patterns either support freedom or keep you stuck.

Expect warm discussion, shared wisdom,
and supportive community.

Retreat Information

- ✓ Sunday 16 August
- ✓ 10 am – 4 pm
- ✓ West Warrnambool
Neighbourhood House
- ✓ Carolyn Cres, Warrnambool
- ✓ Lunch provided

RSVP by 6 August

Email: admin@portfairybuddhistcommunity.com

All welcome — newcomers, regulars, and anyone seeking steadiness in a changing world.