

CURIOUS BLOKES

Finding balance in a noisy world

WHY?

Life is busy.

Work, family, expectations, responsibilities.

For men who have wondered if there's a different way — but never really knew where to start.

An opportunity to explore meditation, mindfulness, Buddhism and the deeper side of life.

WHAT TO EXPECT



CONVERSATION & Q&A

What is meditation?
Why do people do it?
How can it actually fit into a busy, everyday life?



EXPLORING IDEAS

Mindfulness, Buddhism, balance and practical wisdom for modern life.



PRACTICAL PERSPECTIVES

Simple tools and insights for stress, pressure and finding more clarity.



GOOD COMPANY

A chance to listen, ask questions and connect with other curious blokes.

No experience needed. No expectations.

HOW?



DATE: Sunday July 26th 2026



TIME: 2.30 – 4.30pm



WHERE: West Warrnambool Neighbourhood House



HOSTED BY: Port Fairy and District Buddhist Community



COST: No charge



FOR MORE INFORMATION CONTACT MATT

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**NOT A RELIGION.
NOT A RECRUITMENT.**

**JUST A SPACE
TO BE CURIOUS.**

Different by choice. Better for it.