



## **Buddhist Discussion Centre (Upwey) Ltd.**

A.C.N. 005 701 806 A.B.N. 42 611 496 488

33 Brooking Street, Upwey, Victoria 3158, Australia  
Telephone / Facsimile: +613 9754 3334 Email: [wbu@bdcu.org.au](mailto:wbu@bdcu.org.au)  
World Fellowship of Buddhists Regional Centre  
World Buddhist University Associated Institution  
Buddhist Council of Victoria Member

### **The Foundations of Happiness**

Despite access to unprecedented material wealth, advanced technologies and improved health outcomes, lasting happiness still eludes us. We are frequently bombarded with advertising telling us that we can have it all, if only we buy this or participate in that. Yet anxiety, stress, sadness and irritation can spoil our day at any moment.

Our course entitled 'The Foundations of Happiness', will examine the underlying causes of these disturbing emotions and introduce the Buddhist approach to experiencing a truly happy and fulfilling life.

Six classes will be held starting from Saturday the 3<sup>rd</sup> of March 2018 until Saturday the 7<sup>th</sup> of April. Each session will be from 3 – 5pm and will be free of charge.

For further information, please email Simon on [wbu@bdcu.org.au](mailto:wbu@bdcu.org.au).