

Bro. Hor Tuck Loon has been teaching meditation for the past 20 years, drawing parallels from many ancient wisdom teachings and also from his years of experience in the journey of mindfulness. Tuck Loon offers a contemporary approach to meditation through various courses, workshops and weekend retreats. His unique style of teaching and sharing provokes reflection and discussion, and using mindfulness as a tool, skillfully guides participants into understanding how recognizing the mechanics of the mind brings about freedom and happiness.