



THE PATH OF TRANSFORMATION

29 and 30 May in Goderich.

29 May @ Lightquest Retreat Centre,
35443, Union Road,
Goderich, N7A 3X8

30 May @ Our Soul Centre,
64 South Street,
Goderich, N7A 3L5

PROGRAM

Friday 29 May @ Lightquest Retreat Centre

7.30pm till 10.00pm

Introduction to meditation (Metta Bhavana) .

tea break . A talk by Harshaprabha on **"Love in my Life."**

Saturday 30 May @ Our Soul Centre

10.30am till 1.00pm

Introduction to meditation (Mindfulness of Breathing) .

tea break . Introduction to **"Developing Awareness."**



DHARMACHARI HARSHAPRABHA
BASED AT THE IPSWICH BUDDHIST
CENTRE, UK

SUGGESTED DONATION AT BOTH EVENTS = \$15.00