

BUDDHISM AND MEDITATION DAY, TORONTO

Tiriratna Buddhist Community Ontario

Sunday 5th June 2022

**@ Transense Healing Arts Holistic
Centre,**

Suite 610,

344, Bloor Street West,

Toronto, M5S 3A7

<http://www.transense.ca/>

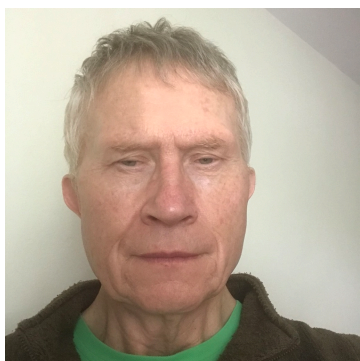
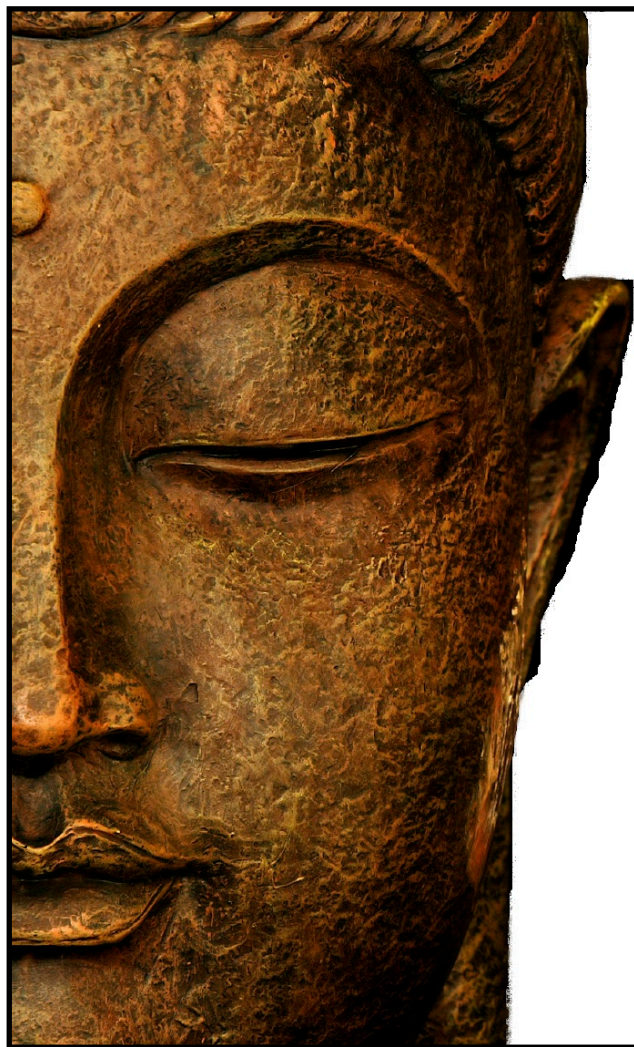
From 11am till 5.30pm

Newcomers and experienced
Buddhists welcome.

The day will include introductions to the mindfulness of breathing and the metta bhavana meditations, the practice of both meditations, a presentation on a key aspect of Buddhism followed by discussion.

There will be an hour's break for lunch at nearby cafes / restaurants.

Free



The day will be led by Harshaprabha.
He has over 47 years of experience as practicing as a
Buddhist within Tiriratna.

To Register please email Harshaprabha at
harshaprabha@gbstephen.com