

BUDDHISM AND MEDITATION DAY, GODERICH

Triratna Buddhist Community
Ontario

Saturday 28 May 2022

**@ The Mac Kay Centre for
Seniors, 10 Nelson Street
East, Goderich, N7A 1R6**

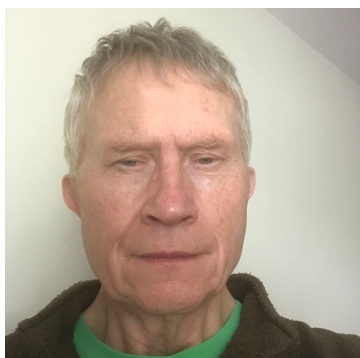
From 11am till 5.30pm

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.

Free



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

To Register please email Harshaprabha at
harshaprabha@gbstephen.com