

BUDDHISM AND MEDITATION, GUELPH

Saturday 21st May 2022

@ THE 9TH VIBRATION

497, Woolwich Street, Unit 6,
Guelph, N1H 3X9

<https://www.9thvibration.com>

From 2pm till 4.30pm

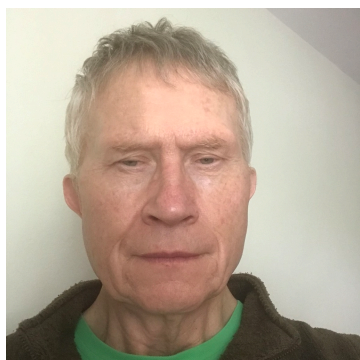
Triratna Buddhist Community
Ontario

<https://triratnabuddhistcommunityontario.com>



The afternoon will include an introduction to meditation and the the practice of it. A tea break, following this a presentation on a key aspect of Buddhism with an opportunity to discuss the topics covered.

Free



The afternoon 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**](mailto:harshaprabha@gbstephen.com)