



A DAY RETREAT

Triratna Buddhist
Community Ontario

**Wednesday 25 May
2022**

@ The Metta Studio,
Renewal Retreat,
8515 Marnoch Line,
Belgrave, N0G1E0
renewalretreat.com

From 11am till 5.00pm

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, chanting, readings, discussion and periods of silence.

Please bring vegan and / or vegetarian food to share for lunch.

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

