



# IN THE FOOTSTEPS OF THE BUDDHA

**Sunday 31 May**

@ Living Yoga and Health  
105 Wyndham Street North  
Guelph  
N1H 4E9

**10.30am till 1pm** Introduction to meditation  
Tea Break  
A talk by Harshaprabha on  
"Going For Refuge in my Life."

**2.30pm till 5pm** Introduction to meditation  
Tea Break  
Study of "A Buddhist Sutta."  
Text of the Purabheda Sutta  
to be provided on the day.

*SUGGESTED DONATION = \$15.00  
(BRING YOUR OWN MEDITATION CUSHIONS ETC.)*



**DHARMACHARI HARSHAPRABHA**  
BASED AT THE IPSWICH BUDDHIST  
CENTRE, UK