

Drop?in weekly meditation classes

Simple, practical methods to improve the quality of our life and develop inner peace. Each class consists of two guided meditations and a teaching to help us solve our daily problems, let go of negative minds and find happiness from within our own mind.

A new series of classes will start on November 7 until December 19. The theme is Healing ourself & others from within. If we understand the close connection between our mind and body we will gain great insight into how we can maintain wellness of body and mind. In this series, we will learn profound methods, thought by Buddha, to develop the capacity to completely free ourself from physical and mental pain coming from fears, sorrows and confusion. By practising them sincerely, we begin to generate healthier states of mind which will bring benefit to both ourself and others.

These branch classes of non-profit Kadampa Meditation Centre Canada will be held at Orangeville Public Library, 1 Mill Street on Thursdays 7 ? 8:30 p.m. Fee \$10/class or \$40 /5 classes. Everyone is welcome. No need to preregister.

For more info and weekly topics, please visit www.kadampa.ca or call 1-866-523-2672.