

Meditate

On Wednesday, Oct. 28 drop-in to the Orangeville weekly meditation class at Princess Margaret Public School at 51 Wellington Street from 7:30 p.m. Each class consists of two guided meditations and a teaching to help us solve our daily problems, let go of negative minds and discover happiness within our own mind. \$10 per class or \$40 for any 5 classes. Theme for this evening: Essential Wisdom. For more information: www.kadampa.ca or call 1-866-523-2672.