

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.

Branch class of non-profit Kadampa Meditation Centre Canada. Fee \$10/class or \$40 /5 classes.

Euphoria Smoothies Orangeville, 154 Broadway (right next to the Mill St public library) in Orangeville. Thursdays 7 ? 8:30 p.m.

Everyone is welcome. No need to preregister.

For more info and weekly topic, please visit www.kadampa.ca or call 1.866.523.2672.