

Drop-in meditation class

The weekly drop-in Thursday meditation classes at the Orangeville Mill Street Public Library will start off on Jan 23 with a three week series titled, "This year, I promise to..."

The weekly classes from 7 - 8:30 p.m. are offered by the non-profit Kadampa Meditation Centre Canada.

After a nice time off, we often go back to our regular routine a little apprehensive that the erratic rhythm of our life may take over again. Yes, another "New Year" is beginning. How will we make it really new so we can improve the quality of our life each day?

In this short series of classes, learn how we can progressively introduce a mindset that is conducive to bringing out the best of ourselves as well as overcoming our bad habits of mind and replacing them with positive ones. What type of promises will really make a difference this year?

Topics for the three classes are:

? Jan 23: The skill to keep our resolutions

? Jan 30: How to prioritize with wisdom

? Feb 6: A caring attitude

Each class consists of two guided meditations and a teaching. Fee of \$10 per session or buy a \$40 pass for any five sessions. For more information, visit kadampa.ca or call 1-866-523-267.