

Introduction to Buddhist Meditation

Level 1



3 consecutive Tuesdays evenings 7:00 - 9:00pm
September 21st - October 5th 2010

Cost:- \$ 33

This short course is particularly suitable for those with no prior meditation experience, or those wishing to familiarise themselves with the two main Triratna Buddhist Community meditation methods practiced at all Triratna public centres and retreats.

Course instructor:- Dharmachari Dayasiddhi

Please contact us if you have any questions or wish to reserve your place

www.vancouverbuddhistcentre.com