



# *Ancient Wisdom for a Modern World*

*Buddhist meditation classes for everyone. Learn practical methods to develop and maintain inner peace.*

## **Thursdays 7 – 9pm**

- July 15** Dealing with Anger: cooling the heat of the moment
- July 22** Patient acceptance: wholeheartedly embracing our reality
- July 29** Letting go of judgements and expectations
- Aug 5** Modern Buddhism: living a productive life

**Location** Cambridge Centre for the Arts  
60 Dickson Street, Cambridge

**Cost** \$10 per class (\$35 / 5 classes)

**Phone** 519-837-8077

**Web** [ModernBuddhism.ca](http://ModernBuddhism.ca)

*All classes are drop-in. Join anytime.*

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