



Ancient Wisdom for a Modern World

Buddhist meditation classes with Canadian Buddhist monk Kelsang Yonten

Mondays 7 – 9pm

- July 26** Patient Acceptance: wholeheartedly embracing reality
- Aug 2** Letting go of judgements and expectations
- Aug 9** Modern Buddhism: living a productive life
- Aug 16** Introduction to Karma: Actions and their Effects
- Aug 23** Transforming Adversity: learning from our challenges
- Aug 30** Stages of Learning: understanding the meaning of spiritual paths

Kalpa Bhadra Buddhist Centre
 42 Quebec Street, Guelph
 \$10 per class (\$35 / 5 classes)
 519-837-8077
 ModernBuddhist.ca
 info@ModernBuddhist.ca

All classes are drop-in. Join anytime.

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