Ancient Wisdom for a Modern World

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

Fridays 7:30 – 9:15pm

July 16	Dealing with Anger: cooling the heat of the moment
July 23	Patient acceptance: wholeheartedly embracing our reality
July 30	*Class break*
Aug 6	Letting go of judgements and expectations
Aug 13	Modern Buddhism: living a productive life

Location	Blue Skies Yoga 55 Victoria St. North, Kitchener
Cost	$10 per class ($35 / 5 classes)
Phone	519-837-8077
Web	ModernBuddhism.ca

All classes are drop-in. Join anytime.

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