

Be Inspired

SUMMER SCHEDULE

June 17 - Aug 30

Meditation Classes

Monday, 7-8:15pm

Tuesday, 1:30-2:30pm

Drop-in classes that include practical advice and guided meditations on developing a good heart and profound wisdom.

\$10 drop-in / \$40 for 5 classes

Lunchtime Meditation

Mon, Wed, & Fri

12:15 - 12:45pm

Guided meditations to relax and re-energize your mind.

By donation

BODHICHITTA BUDDHIST CENTRE

Everyone Welcome!

MeditateVancouverIsland.org

Courses & Retreats



CLEAR SKY MIND Half-Day Course with Julia Anderson

Sunday, July 28, 9:30am-12:30pm

What is our mind, how do we really change it and what benefits can we expect? Explore how every moment of our life is an opportunity to become the person we wish to be.

Cost: \$20. FREE for members



LIVING LIGHTLY Course & Retreat with Gen Kelsang Zopa

Course: Sun, Aug 18, 10am-12:30pm

Retreat: Sun, Aug 25, 10am-12:30pm

Our heavy feelings about life usually arise because we are tightly grasping at things, people and situations.

Learn to view things differently by understanding their impermanence and living in a much lighter way.

\$30 if you pre-register for both the course & retreat. \$15 for members

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