

Theme of the Retreat:

*“Cultivating Generosity -**Daana**’ - The key requisite for one’s spiritual progress.”*

**One-Day Mindfulness and
Insight Meditation Retreat
With Buddhist Monk and
Meditation Teacher
Bhante Saranapala**



**Saturday January 10th
from 09:00am to 04:00pm**

**At Phap-Van Vietnamese
Buddhist Cultural Centre of
Ontario**

**Address: 420 Traders Blvd.
Mississauga (Off Kennedy
Road on Traders Blvd.), ON
L4Z 1W7**

**Bring your own lunch,
Meditation cushion & mat.**

**Tea & refreshments will be
provided to all.**

Please register by Jan 08th.

**For registration,
contact: Lori Smetaniuk
at (416) 253-5545 or E-mail
buddhist7@gmail.com**

No fee. Voluntary donations are accepted.

For the program of the retreat and directions, kindly visit:

<http://westendbuddhist.org/web/>

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