

Annual Day of Recollection & Sil (Eight Precepts) Observance for Youth

For everyone fourteen years and over: promising an unforgettable experience!

Day: July 23 (Saturday), 2011

Time: 9am (Sharp) till 2pm (Please arrive few minutes early)

Place: Mississauga Buddhist Vihara (sprawling meadow behind the Temple)

Your facilitator will be Bhante Saranapala who will take you on a virtual tour of Buddhist Mindfulness Meditation Techniques.

This will help you become more focused and single minded for better performance at school and the workplace!

Guest Speaker: Mr. Troy MacLean – A Buddhist Dhamma Friend and Youth Counsellor – Region of Peel



Theme of the Summer Retreat:

“Dhamma, Youth and the Next Generation: utilizing Buddhist wisdom to address common problems facing the youth of today”

Lunch Provided!

*Take a break from your summer schedule!
 Bring your friends too! Five hours of Calming Spiritual Delight!*

**Youths Are
 Advised to
 Come
 Appropriately
 Dressed in
 White**

For registration and more information please contact the Youth Group members below:

Suwinie Edirisinghe - Tel: 905-824-2707

Email: sweenie_e@hotmail.com

Natalie Abeysena - Tel: 905-799-6829

Email: Natalie_22@live.ca

Harshana Abeygunasekara - Tel: 905-821-2626

Email: shan15@hotmail.com

Hashini Gunaratne: Tel: 647-347-0201

Email: hashini_star@hotmail.com

OR contact the Temple @ 905-891-8412

info@westendbuddhist.com

Visit our temple website:

www.westendbuddhist.com

