



Meditation in-the-Park - 2011

With Buddhist Monk & Meditation Teacher
Bhante Saranapala

August 27, 2011 @ Richard's Memorial Lakefront Park in Mississauga from 9:00
am to 3:00 pm

Time Table

A.M.

9:00- 10:00	Observance of Eight Training Principles and Introduction to Mindfulness and Vipassana Meditation
10:00 - 10.20	Break
10:20-11:30	Group Sitting Meditation (Guided)
11:30-12:15	Mindful Eating (Lunch Break)

P.M.

12:15-1:15	Discussion on Walking Meditation & its Practice
1:15 - 2:15	Sermon on the Theme: “What to do if someone is angry with you and when anger arises: Some practical solutions from the Buddha”
2:15 - 2:30	Tea Break
3:30 - 3:00	Practice of Insight Meditation (Silent) or Loving-Kindness Meditation
3:00	End of the Program

A Westend Buddhist Cultural Centre Annual Dhammadana Project – August 2011

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