

# MEDITATION

*In-the-Park*

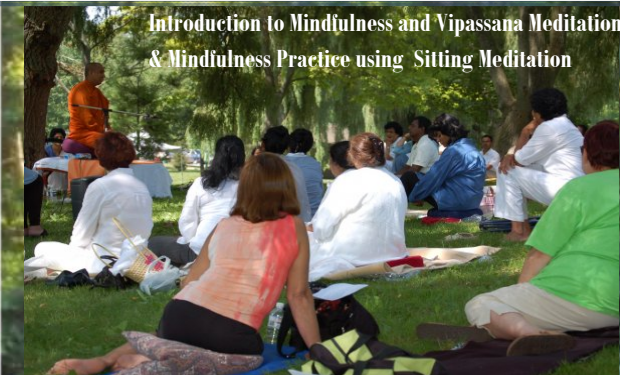


**A soothing break from your busy life!**

**Theme:** "What to do if someone is angry with you and when anger arises - Some practical solutions from the Buddha"

**Fine-tuning Awareness  
With Buddhist Monk and Meditation Teacher  
Bhante Saranapala**

**Delve into unexplored regions of the mind with Bhante's help**



Introduction to Mindfulness and Vipassana Meditation & Mindfulness Practice using Sitting Meditation



Mindfulness practice using Walking Meditation

*Free. Donations accepted.*

**In the serenity of Mississauga's  
Richard Memorial Lakefront Park on  
Saturday August 27<sup>th</sup> 2011  
From 9:00 a.m. - 3:00 p.m.**

Area A

(104 Lakeshore Road West, Mississauga, ON L5H 2V7)

**ALL ARE WELCOME!**

**Bring your own lunch ~ Refreshments provided**

**PLEASE REGISTER BEFORE AUGUST 25<sup>th</sup>**

**For Registration Call Carol Weldon  
@ 905-824-7647**

**OR E-MAIL: [buddhist7@gmail.com](mailto:buddhist7@gmail.com)**

**For more info., please contact  
Alex at 416-700-7109 or E-mail: [yayomx@gmail.com](mailto:yayomx@gmail.com)  
Tyrone @ 416-876-5631 or E-mail: [Tyronemalwatta@hotmail.com](mailto:Tyronemalwatta@hotmail.com)  
Senaka @ 416-984-0904 or E-mail: [senakanr@yahoo.ca](mailto:senakanr@yahoo.ca)**

**Note:**

**Please bring your own cushion  
or stool or pillow for  
meditation and sun umbrella**

**For direct inquiries, call the  
Westend Buddhist Cultural  
Centre @  
905-891-8412**

**Or, visit our website:  
[www.westendbuddhist.com](http://www.westendbuddhist.com)**



**A Westend Buddhist Cultural Centre Annual Dhammadana Project – August 2011**