



Saturday Morning

Buddhist Meditation Class

Be free of your egoic mind and live a happier life

Come join us every Saturday at the **International Buddhist Temple** and meditate with **Venerable Guan Cheng**.

During our guided sessions, you will learn traditional Buddhist meditation techniques and Buddhist teachings that will help you to:

- understand and calm your mind;
- overcome negative emotions, including reducing stress and anxiety;
- improve your concentration; and
- re-orient your life to be happier and equanimous.

Time: Starting May 4, 2024, every Saturday from 9:30AM - 11:30AM DST
(9:00AM – 11:00AM Winter Time)

Location: Meditation Hall, 9160 Steveston Hwy, Richmond, B.C., V7A 1M5

Contact: info@buddhisttemple.ca

Website: <https://buddhisttemple.ca>

(604) 274-2822

*For first-time comers, please arrive 15 min. before the session starts to register with Ven. Hong Ci.

**After the meditation session, participants are offered complimentary vegetarian lunch at the Temple followed by a Dharma Q&A session with the Abbot.



國際佛教觀音寺
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www.BuddhistTemple.ca

