

Wise Up! Sit Down! Relax...

- Study the Buddhist view
- Learn to meditate
- Find balance in a crazy world



Classes begin 11 a.m.

Sat., September 15, 2018

For details go to vancouver.nalandabodhi.ca  Everyone welcome.

Nalandabodhi is a Buddhist study and meditation centre under the direction of Dzogchen Ponlop Rinpoche.

