

A woman is shown in profile, sitting in a meditative pose (Padmasana) on a rocky shore. She is wearing a light-colored tank top and dark pants. Her hands are resting on her knees in a mudra. The background is a vibrant sunset over the ocean, with the sun low on the horizon, creating a warm orange and yellow glow. The sky transitions from a deep orange near the horizon to a lighter yellow at the top. The water reflects the colors of the sky.

FREE Meditation Sessions

Markham Buddha's Light Centre

Tuesday Evenings

Oct 2nd ~ Nov 13th, 2018

Time: 7:30pm-9:00pm

Location: Buddha's Light Centre

230 Denison Street, Unit One, Markham, Ontario

Please come in person to sign-up!

For more information, please call 905-944-8301 Betty

Benefits of meditation:

- Increase mental positivity.
- Reduce Stress.
- Control your thoughts.
- Improve your focus.
- Allow your body to regenerate.