

Meditation Classes

Meditation Evenings - April 2007 At Synergy Health and Wellness Centre

A short talk, visualization CD, followed by a 20 minute silence

Monday Evening at 7pm.

(First Class was March 1st)

Cost: By Donation (suggested donation of \$5)

Location: 1 First St. Unit 224 (above LCBO)

Bring: A cushion to sit on.