

VIPASSANA

QUÉBEC VIPASSANA
MEDITATION CENTRE

In Montebello
since 2011



OPEN HOUSE

Sunday, September 15, 2019

From 1:00 PM to 4:30 PM

810, côte Azélie

Notre-Dame-de-Bonsecours (Montebello)

Guided tours of the Centre

**Videos on Vipassana meditation as taught by
S.N. Goenka will be shown**

Refreshments

Activities for children



Vipassana meditation is a simple practice that enables one to reach real tranquility of mind and lead a happy and purposeful life.