



**TNLC – Toronto Netralya Lions Club**

[www.netralyalions.com](http://www.netralyalions.com)

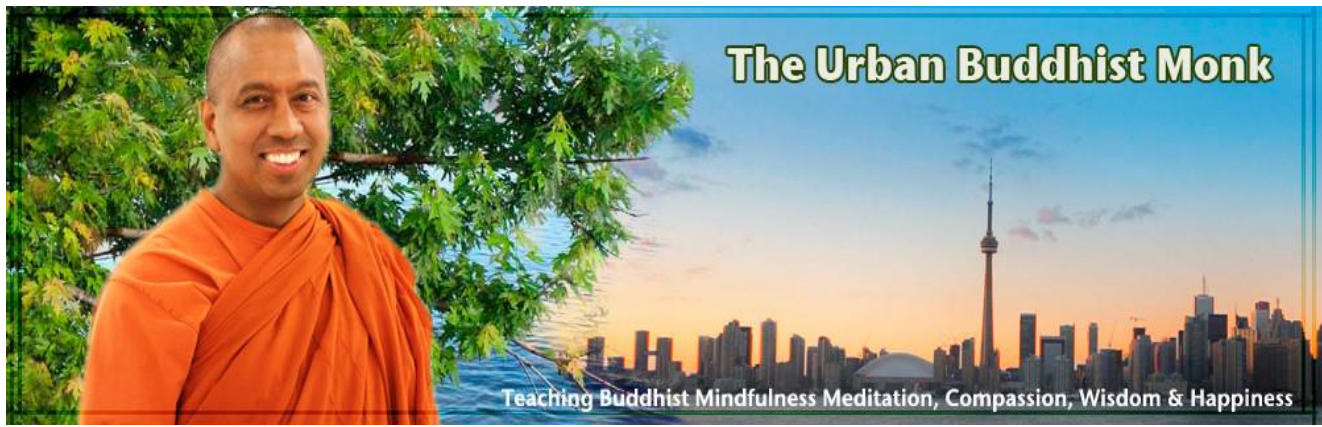


Presents:-

Free Seminar – “Mindfulness Meditation”

By

**Bhante Saranapala, The Urban Buddhist Monk.**



**How to Discipline your Monkey Mind for Inner-Peace and Inner-Happiness.**

On

**April 24, 2019,**

At Banbury Community Centre, 120 Banbury Road, North York

No Charge, but **Registration is required**, as space is limited

Chairs will be available for those who are not able to sit on the floor.

**7:00 PM- Registration**

**Session:-7:30 - 8:30 PM**

Question & Answer period

Light Refreshment will be served,

RSVP :- Sudha Rastogi 416 449 3119 - (ks\_rastogi@hotmail.com )

Kusum Vohra 416 953 8180, - (kvsynchem@rogers.com)

Raman Wadhera - 416 225 1471, Bharti Gupta - 416-835-8880,

**"WE SERVE"**

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