

1-Day Course in English

# Mindfulness Meditation

Instructor: Ven. Sister Jessie

Date: December 11, 2011 (Sunday)

Time: 9 am to 4 pm

- Both men and women are welcome;
- Students must be at least 18 years old;
- Simple vegetarian lunch will be provided;
- Course fee by Donation.

Registration: [registration@polam.ca](mailto:registration@polam.ca)

Enquiry: 604-792-1262 (Chilliwack)

604-376-3387 (Vancouver)

Fax: 1-604-792-2320

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