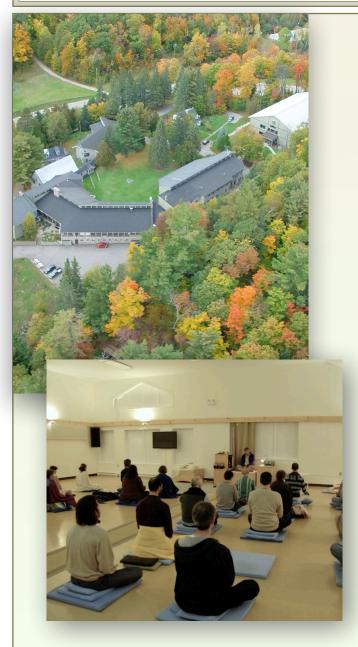
VIPASSANA

QUÉBEC VIPASSANA ⁴ MEDITATION CENTRE



OPEN HOUSE

In Montebello since 2011

Sunday, September 21, 2025 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.

www.suttama.dhamma.org 819.423.1414