

# VIPASSANA

In Montebello  
since 2011

QUÉBEC VIPASSANA  
MEDITATION CENTRE



## OPEN HOUSE

**Sunday, September 15, 2024**  
**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.