

VIPASSANA

In Montebello
since 2011

QUÉBEC VIPASSANA
MEDITATION CENTRE



OPEN HOUSE

Sunday, April 9, 2023
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.