

Thursday, December 1, 2022

Meditation Classes - Creating Our Happiness

Date and Time: Thursday, December 1 7:00 pm - 8:30 pm

Address: Glen Williams Town Hall, 1 Prince St, Georgetown ON, L7G 2X1

Creating Our Happiness - Drop-in Meditation
with Kadampa Buddhist nun,
Gen Kelsang Kunden

Where does happiness come from? How can we create more happiness for ourselves and others? Buddha teaches that happiness comes from our positive thoughts and actions and unhappiness comes from negative thoughts and actions. When we deeply understand the law of karma, from non-virtue comes suffering and from virtue comes happiness, we can confidently create our own happiness and help others do the same. Instead of blaming our other people, our circumstances, we can learn to respond with a positive mind to all challenges and difficulties and generate our own happiness. In September, we will contemplate the following topics and through meditation, deepen our wisdom and understanding and learn how to practically apply these teachings to solve our daily problems and difficulties.

Each class consists of guided meditations and teachings that we can contemplate and practice throughout the week. Each contemplation has a practical application to solve our daily problems. Through attending classes and putting effort into applying these teachings to our daily lives, we can make great progress increasing our inner peace. Through engaging in meditation practice we can develop and maintain a peaceful mind all the time. If we have a peaceful mind all the time we will be happy all the time, regardless of whether our conditions are good or bad. Now is the time to train in inner peace and happiness by putting Buddha's teachings into practice.

There is no need to pre-register. Just come along.
\$12. \$40 for 4 classes.

Thursday, December 8, 2022

Meditation Classes - Creating Our Happiness

Date and Time: Thursday, December 8 7:00 pm - 8:30 pm

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Thursday, December 15, 2022

Meditation Classes - Creating Our Happiness

Date and Time: Thursday, December 15 7:00 pm - 8:30 pm

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\$12. \$40 for 4 classes.

Monday, December 19, 2022

Test

Date and Time: Monday, December 19 5:00 pm - 6:00 pm

Test Event

Thursday, December 22, 2022

Meditation Classes - Creating Our Happiness

Date and Time: Thursday, December 22 7:00 pm - 8:30 pm

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Wednesday, December 28, 2022

Holiday Season Nature Camps – Get Outside!

Date and Time: Wednesday, December 28 9:00 am - 2:30 pm

Kids leave smiling, energized and wanting to come back for more! “Is it over already?” they ask. Our qualified education leaders will engage your kids in educational moving activities to have fun exploring and learning submerged in nature.

Weekly a 3-day, day camp program (9am-2:30pm) with single day registration options to support family schedules. Ages accepted 5 -11 years. Reserve your spots - register today at www.willowparkecolony.org store. Rates:

3-day is \$105.00, single day is \$36.30

Thursday, December 29, 2022

Holiday Season Nature Camps – Get Outside!

Date and Time: Thursday, December 29 9:00 am - 2:30 pm

Kids leave smiling, energized and wanting to come back for more! “Is it over already” they ask. Our qualified education leaders will engage your kids in educational moving activities to have fun exploring and learning submerged in nature.

Weekly a 3-day, day camp program (9am-2:30pm) with single day registration options to support family schedules. Ages accepted 5 -11 years. Reserve your spots - register today at www.willowparkecolony.org store. Rates: 3-day is \$105.00, single day is \$36.30

Friday, December 30, 2022

Holiday Season Nature Camps – Get Outside!

Date and Time: Friday, December 30 9:00 am - 2:30 pm

Kids leave smiling, energized and wanting to come back for more! “Is it over already” they ask. Our qualified education leaders will engage your kids in educational moving activities to have fun exploring and learning submerged in nature.

Weekly a 3-day, day camp program (9am-2:30pm) with single day registration options to support family schedules. Ages accepted 5 -11 years. Reserve your spots - register today at www.willowparkecolony.org store. Rates: 3-day is \$105.00, single day is \$36.30

Test

Date and Time: Friday, December 30 2:00 pm

Address: 1 Test Drive

<https://calendar.haltonhills.ca>