

Discover True You



Tuesdays ~ 7:00 - 9:00 pm

UVIC INTERFAITH CHAPEL

If you are interested in learning about Buddhist meditation, but don't know where to begin, join us on Tuesday evening for a programme of meditation practices from the Zen tradition.

Afterwards please stay and join in the discussion circle.

Please arrive 15 minutes early your first time.

For more information contact Soshin McMurchy ~ zen@uvic.ca.



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