

Meditation session

Mindfulness Practice Center (MPC)

Thursdays (in English)

19:00 - 20:30 (Welcome at 18:55)

Sitting and walking meditation, mindful movements, Thich Nhat Hanh readings, sharing

[See our activities in French.](#) [2]

Registration form [1]

**Please register to get all
relevant information.**

*Sitting here is like sitting under the Bodhi tree.
My body is mindfulness itself,
Free from all distraction.*

Arbre de la Bodhi unknown

MPC & MIAM, 6000 Côte-des-Neiges, Suite 110-115, Montreal, Qc, H3S 1Z8
514-272-2832 - info@mpcmontreal.org

Source URL: <http://www.mpcmontreal.org/?q=en/node/412>

Links

[1] <http://www.mpcmontreal.org/?q=en/node/1540>

[2] <http://www.mpcmontreal.org/?q=fr/meditations>