

Sunday, January 25, 2026

"Noble Silence" Meditation Class

Date and Time: Sunday, January 25 6:00 pm - 7:00 pm

Address: 148 Main Street South, Acton, ON L7J 1X9

Category: Festivals and Events

Practicing meditation helps calm the mind, reduce stress, and bring awareness to the present moment. Even a few minutes each day can improve focus, emotional well-being, and inner peace. Over time, regular meditation nurtures a deeper connection with oneself and promotes a sense of balance in daily life.

Cost : Free

This meditation class is the perfect way to learn how and why to meditate in the way the Buddha taught. This class is free and open to the public. No need to register.

We will cover:

- Meditation posture
- Why we meditate
- The problems that happen in our meditation and how to overcome them
- Breathing meditation
- Loving-kindness meditation
- Meditation on the nature of the body
- Meditation on the parts of the body and the elements
- Walking meditation

The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. Don't be nervous if you've never been to a monastery or meditation class before. The atmosphere at our activities is peaceful, welcoming and very friendly.

<https://calendar.visithaltonhills.ca>