Wednesday, October 1, 2025

"Mindful Wednesday" Meditation class

Date and Time: Wednesday, October 1 7:00 pm - 7:30 pm

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

Category: Festivals and Events

This is a guided and silence meditation class for you to experience peace in your mind and get rid from anxiety.

Cost: Free

This meditation event is catered to those who like to develope mindfulness. Thereby reduce work stress and develope a peaceful mind.

What to Expect:

We will practice Loveing-kindness meditation and Brething meditation by utilizing origional Buddhist texts and techniques. The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. D on'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.

Newcomers are welcome. We're looking forward to meeting you.

Saturday, October 4, 2025

Georgetown Farmers Market

Date and Time: Saturday, October 4 8:00 am - 12:30 pm

Address: Main Street South, Downtown Georgetown

Category: Festivals and Events

Since 1993, the Georgetown Farmers Market has been the premier location for fresh, juicy fruits & berries and field-ripened tomatoes & veggies picked in the morning and served at your dinner table that night! Along with t he incredible, vast selection of farm-fresh, never-refrigerated, from the fields of Ontario produce, remember all the unique and delicious extras the Farmers' Market offers: honeys, syrups and jams; deli & cured meats; hand-made botanical soaps and lotions; regional artisans and talented crafters; flowers and plants; buskers; ...and mo re... something to suit everyone! This event occurs rain or shine.

Trees for Halton Hills tree planting

Date and Time: Saturday, October 4 9:00 am - 12:00 pm

Address: 53 Maple Avenue, Georgetown, Ontario

Category: Recreation and Active Living

Come join us at the Trees for Halton Hills tree planting event to help beautify our community and make a positive impact on the environment!

https://www.eventbrite.ca/e/trees-for-halton-hills-tree-planting-event-tickets-1632117911609?aff=oddtdtcreat or

Ward 2 Community Social

Date and Time: Saturday, October 4 10:00 am - 12:00 pm

Address: Glen Williams Park - 509 Main St, Georgetown, ON L7G 3S8

Category: Festivals and Events

Join us at Glen Williams Park as we welcome the "Hey Neighbour" crew, Town staff, regional partners, and fe llow community members for an entertaining & informative ward event in the park.

Come for a morning coffee, meet your neighbours, and engage with elected officials. All are welcome, we hope to see you there!

- "Touch-a-Truck" with local first responders and explore EMS and Town vehicles
- Enjoy large lawn games (Jenga, Connect Four, Bean Bag Toss)
- Discover the Town Services Showcase to learn about Town processes, policies, and upcoming initiatives in a fun, relaxed atmosphere

Community Socials take place throughout the year:

Saturday, May 10: Ward 3 at Cedarvale Park, Georgetown

Saturday, June 7: Ward 4 at Danby Road Park, Georgetown

Saturday, October 18: Ward 1 at Tanners Drive Park, Acton

Sunday, October 5, 2025

Sunday Service and Community BBQ

Date and Time: Sunday, October 5 10:00 am - 1:30 pm

Address: 11611 Trafalgar Rd, Georgetown, ON

Category: Festivals and Events

Georgetown CRC is hosting a Ministry Gallery Walk and Community BBQ after Sunday Service! Join us at 10 am for church, followed by a Ministry Gallery Walk to learn more about the ministries and programs GCRC ha

s to offer. Afterwards we will enjoy a time of food and fellowship, with sports and activities outdoors (weather permitting). Don't forget to bring your lawnchair. We look forward to seeing you there. Contact <u>deacons@gcrc.</u> on.ca for more information.

"Noble Silence" Meditation Class

Date and Time: Sunday, October 5 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 fe w minutes each day can improve focus, emotional well-being, and inner peace. Over time, regular meditation n urtures 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 nerv ous if you've never been to a monastery or meditation class before. The atmosphere at our activities is peaceful, welcoming and very friendly.

Tuesday, October 7, 2025

One Book, One Halton Hills: An Evening with David A. Robertson

Date and Time: Tuesday, October 7 7:30 pm - 8:30 pm

Address: 9 Church Street, Georgetown, ON, L7G 2A3

Category: Arts and Culture

We are honoured to welcome David A. Robertson to Halton Hills as we celebrate his book 52 Ways to Reconci le: How to Walk with Indigenous Peoples on the Path to Healing, our One Book, One Halton Hills selection for 2025. David A. Robertson is a bestselling, award-winning author, a proud member of Norway House Cree

Nation, and a powerful voice in Canadian literature. He's also the founder of Swift Water Books, the first Indig enous children's imprint within a major Canadian publishing house.

Tickets available at the John Elliott Theatre Box Office.

Wednesday, October 8, 2025

"Mindful Wednesday" Meditation class

Date and Time: Wednesday, October 8 7:00 pm - 7:30 pm

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

Category: Festivals and Events

This is a guided and silence meditation class for you to experience peace in your mind and get rid from anxiety.

Cost: Free

This meditation event is catered to those who like to develope mindfulness. Thereby reduce work stress and develope a peaceful mind.

What to Expect:

We will practice Loveing-kindness meditation and Brething meditation by utilizing origional Buddhist texts and techniques. The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. D on'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.

Newcomers are welcome. We're looking forward to meeting you.

Thursday, October 9, 2025

2025 weekly Acton Outdoor Market

Date and Time: Thursday, October 9 3:30 pm - 7:00 pm

Address: 30 Park Avenue, Acton Ontario L7J 1Y5

Category: Festivals and Events

The 2025 weekly Acton Outdoor Market runs every Thursday from June 5th to September 11th at beautiful Prospect Park in Downtown Acton Ontario.

Each week from 4:00pm to 7:00pm you will find a great assortment of local fram fresh produce, baking, qualit y meats and foodstuffs, VQA Wines, Craft Beverages, artisans and craftspeople. Local musicians provide the liv ely entertainment while you stroll in the shade of the trees along the market pathway.

Prospect Park also offers a playground, splash pad, tennis courts, fishing and a boat launch to enjoy. Local basb all teams play at the ball diamonds for all to come out and cheer on. Stop by one of the local Downtown Acton

restaurants, pick up a take out dinner and come enjoy the Outdoor Market and the park.

There will also be a special event **Thanksgiving Market** on Thursday October 9th, 3:30pm - 7:00 pm on Willo w Street North in Downtown Acton to provide a change to get all of your fresh foods Thanksgiving needs.

The weekly Acton Outdoor Market is just another great reason why *It's Worth the Drive!*

Saturday, October 11, 2025

Georgetown Farmers Market

Date and Time: Saturday, October 11 8:00 am - 12:30 pm

Address: Main Street South, Downtown Georgetown

Category: Festivals and Events

Since 1993, the Georgetown Farmers Market has been the premier location for fresh, juicy fruits & berries and field-ripened tomatoes & veggies picked in the morning and served at your dinner table that night! Along with t he incredible, vast selection of farm-fresh, never-refrigerated, from the fields of Ontario produce, remember all the unique and delicious extras the Farmers' Market offers: honeys, syrups and jams; deli & cured meats; hand-made botanical soaps and lotions; regional artisans and talented crafters; flowers and plants; buskers; ...and mo re... something to suit everyone! This event occurs rain or shine.

Sunday, October 12, 2025

"Noble Silence" Meditation Class

Date and Time: Sunday, October 12 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 fe w minutes each day can improve focus, emotional well-being, and inner peace. Over time, regular meditation n urtures 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 nerv ous if you've never been to a monastery or meditation class before. The atmosphere at our activities is peaceful, welcoming and very friendly.

Wednesday, October 15, 2025

"Mindful Wednesday" Meditation class

Date and Time: Wednesday, October 15 7:00 pm - 7:30 pm

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

Category: Festivals and Events

This is a guided and silence meditation class for you to experience peace in your mind and get rid from anxiety.

Cost: Free

This meditation event is catered to those who like to develope mindfulness. Thereby reduce work stress and develope a peaceful mind.

What to Expect:

We will practice Loveing-kindness meditation and Brething meditation by utilizing origional Buddhist texts and techniques. The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. D on'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.

Newcomers are welcome. We're looking forward to meeting you.

Saturday, October 18, 2025

Georgetown Farmers Market

Date and Time: Saturday, October 18 8:00 am - 12:30 pm

Address: Main Street South, Downtown Georgetown

Category: Festivals and Events

Since 1993, the Georgetown Farmers Market has been the premier location for fresh, juicy fruits & berries and field-ripened tomatoes & veggies picked in the morning and served at your dinner table that night! Along with t he incredible, vast selection of farm-fresh, never-refrigerated, from the fields of Ontario produce, remember all

the unique and delicious extras the Farmers' Market offers: honeys, syrups and jams; deli & cured meats; hand-made botanical soaps and lotions; regional artisans and talented crafters; flowers and plants; buskers; ...and mo re... something to suit everyone! This event occurs rain or shine.

Trees for Halton Hills tree planting

Date and Time: Saturday, October 18 9:00 am - 1:00 pm

Address: 53 Maple Avenue, Georgetown, Ontario

Category: Recreation and Active Living

Let's get our hands dirty and make the world a greener place by planting trees together at our Tree Planting Even

https://www.eventbrite.ca/e/trees-for-halton-hills-tree-planting-event-tickets-1628743869759?aff=oddtdtcreat or&keep_tld=1

Tanners Woodlot Tree Planting

Date and Time: Saturday, October 18 9:30 am - 12:00 pm

Address: Tanners Woodlot - 45 Tanners Drive, Acton, L7J 3A4

Category: Festivals and Events

Join us to plant native trees and shrubs in Tanners Woodlot. Trees help fight climate change by storing carbon di oxide and providing natural cooling on hot summer days. They also create habitat for local wildlife and add bea uty to your community.

Help us make the Acton SNAP neighbourhood more sustainable and ready for a changing climate. This event is part of the new <u>Acton Sustainable Neighbourhood Action Plan (SNAP)</u>.

Reclaim Your Forest: Hands-On Solutions for Invasive Plant Control

Date and Time: Saturday, October 18 10:00 am - 12:00 pm

Address: Warwick Conservation Centre, 15526 Heart Lake Rd, Caledon, ON L7C 2J9

Category: Education and Workshops

Invasive species are changing your forest. Left unchecked, they can replace native species and even block access to parts of your land. Join <u>Credit Valley Conservation</u> for a free, hands-on, outdoor workshop to learn practical control techniques, best management practices and to get information on available funding programs. <u>Register by October 14</u>.

Note: this workshop is intended for rural landowners in the Credit River Watershed. <u>Look up your address to se</u> <u>e if your property is in the watershed</u>.

Ward 1 Community Social

Date and Time: Saturday, October 18 10:00 am - 12:00 pm

Address: Tanners Drive Park - 45 Tanners Drive, Acton, ON L7J 2Z6

Category: Festivals and Events

Join us at Tanners Drive Park as we welcome the "Hey Neighbour" crew, Town staff, regional partners, and f ellow community members for an entertaining & informative ward event in the park.

Come for a morning coffee, meet your neighbours, and engage with elected officials. All are welcome, we hope to see you there!

- "Touch-a-Truck" with local first responders and explore EMS and Town vehicles
- Enjoy large lawn games (Jenga, Connect Four, Bean Bag Toss)
- Discover the Town Services Showcase to learn about Town processes, policies, and upcoming initiatives in a fun, relaxed atmosphere

Community Socials take place throughout the year:

Saturday, May 10: Ward 3 at Cedarvale Park, Georgetown

Saturday, June 7: Ward 4 at Danby Road Park, Georgetown

Saturday, October 4: Ward 2 at Glen Williams Park, Glen Williams

Saturday, October 18: Ward 1 at Tanners Drive Park, Acton

An evening with Red Dirt Skinners

Date and Time: Saturday, October 18 6:30 pm - 9:00 pm

Address: 11 Guelph St, Georgetown, ON, L7G 3Z1

Category: Entertainment

Oct 18, 2025 — Saturday — Georgetown — The Sanctuary Concert Hall

We are delighted to present an evening with Red Dirt Skinners at The Sanctuary Concert Hall, Georgetown, on October 18, 2025. "The Pink Floyd of Folk Music." That's how Roots Music Canada describes the Red Dirt Sk inners — and Music News Magazine agrees, noting "an almost Floyd-like quality" to their sound. Widely regar ded as one of the most innovative acts to emerge from the UK in recent years, the Skinners' multi-award-winnin g music blurs genres and defies expectations. A Red Dirt Skinners show is built on powerful storytelling, unexp ected turns, and a fearless creative spirit. If you enjoy music inspired by legends like Pink Floyd, Simon and Gar funkel, Supertramp, Queen, and David Bowie — but with its own unmistakable voice — you'll love the Red D irt Skinners. With male and female harmonies blending into a single, unforgettable voice, and Sarah's soaring s oprano saxophone lines, this duo delivers performances that are both refreshingly different and emotionally rich

A Red Dirt Skinners show is more than a concert — it's a musical journey. Expect laugh-out-loud stories, thou ght-provoking lyrics, and songs that stay with you long after the final note. Rob and Sarah Skinner bring heart, h umour, and exceptional musicianship to every performance. Don't miss the Red Dirt Skinners — they'll steal y our heart. Tickets: https://www.eventbrite.ca/e/an-evening-with-red-dirt-skinners-at-sanctuary-concert-hall-georgetown-tickets-1563870923029

Sunday, October 19, 2025

Historic Tour of Fairview Cemetery

Date and Time: Sunday, October 19 2:00 pm - 4:00 pm

Address: Cobblehill Rd, Halton Hills, ON L7J 2S9

Category: Arts and Culture

Join Scott Brooks, of Vintage Acton, as he takes you on a historic tour of Fairview cemetery and shares history and stories about some of the people who are buried there! Time & Location: 2:00 P.M. at Fairview Cemetery. Admission is by donation, everyone welcome to attend. (Rain Date: Sunday, October 26th).

Historic Tour of Fairview Cemetery

Date and Time: Sunday, October 19 2:00 pm

Address: Fairview Cemetery: 20 Cobblehill Rd, Halton Hills, ON L7J 2S9

Category: Education and Workshops

Join Scott Brooks as he takes you on a historic tour of Fairview cemetery and share history and stories about s ome of the people who are buried there! Time & Location: 2:00 P.M. at Fairview Cemetery. Admission is by do nation, everyone welcome to attend. (Rain Date: Sunday, October 26th).

"Noble Silence" Meditation Class

Date and Time: Sunday, October 19 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 fe w minutes each day can improve focus, emotional well-being, and inner peace. Over time, regular meditation n urtures 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 nerv ous if you've never been to a monastery or meditation class before. The atmosphere at our activities is peaceful, welcoming and very friendly.

Wednesday, October 22, 2025

"Mindful Wednesday" Meditation class

Date and Time: Wednesday, October 22 7:00 pm - 7:30 pm

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

Category: Festivals and Events

This is a guided and silence meditation class for you to experience peace in your mind and get rid from anxiety.

Cost : Free

This meditation event is catered to those who like to develope mindfulness. Thereby reduce work stress and develope a peaceful mind.

What to Expect:

We will practice Loveing-kindness meditation and Brething meditation by utilizing origional Buddhist texts and techniques. The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. D on'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.

Newcomers are welcome. We're looking forward to meeting you.

Saturday, October 25, 2025

Hungry Hollow SNAP: Five Year Celebration

Date and Time: Saturday, October 25 9:30 am - 1:00 pm

Address: 181 Main Street S Georgetown, Ontario Canada

Category: Festivals and Events

Join us at Cedarvale Park for a fun family-friendly day to celebrate five years of Hungry Hollow SNAP!

Immerse yourself in nature with a guided walk to learn how to identify local trees and birds and roll up your sle eves for some hands-on invasive species removal and learn how to recycle the buckthorn branches into witch's broomsticks for some fun seasonal crafting! Explore interactive booths will be hosted by local community orga

nizations. Enjoy free halal hot dogs generously provided by <u>Maple Lodge Farms</u> and indulge in cake and other r efreshments as we mark this milestone.

This event is part of the Hungry Hollow Sustainable Neighbourhood Action Plan (SNAP)

Consider walking, wheeling or taking public transit to this event.

Spooks & Spells Vendor Market

Date and Time: Saturday, October 25 10:00 am - 5:00 pm

Address: 9365 10th Sideroad

Category: Festivals and Events

Join us for the 4th Annual Spooks & Spells Market, an unforgettable fall event happening October 25th & 26th, set against the stunning backdrop of Andrew's Farm & Winery!

This outdoor market is all about celebrating local, Canadian talent and we're looking for passionate creators and businesses to be part of the magic!

\square \(\text{\text{Event Highlights:}} \)

- Thrilling Halloween attractions including a Haunted Forest, Wagon Rides, Pumpkin Picking & Painting
- Petting Zoo, Corn Maze, Park
- Live Entertainment, Costume Contest, Prizes & more!
- Draws thousands of families and Halloween enthusiasts each year!

Limited vendor spaces available — Early Bird Vendor Rates are now live and available until June 14th Don't miss your chance to showcase your brand, promote your service and sell your goods in front of a festive, high-traffic crowd.

We will be fundraising and accepting monetary donations for Childhood Cancer Canada.

2025 Trick or Treat on Mill & Main Streets in Downtown Acton

Date and Time: Saturday, October 25 12:00 pm - 2:00 pm

Address: Mill Street East, Downtown Acton Ontario L7J 1H1

Category: Festivals and Events

Trick or Treat on Mill & Main Streets of Downtown Acton!

Ghost, goblins and characters of all sorts will take to the streets of Downtown Acton once again to Trick or Tre at at the local Shops, Services and Restaurants of the BIA community.

Mill Street East is closed to traffic during the 2 Hour event to allow for a safe and fun experience. You never k now who you might meet during the event at the Dancing Witches of Acton provide entertainment, Superheros

stop for photos and friends check out each other's costumes.

Come out to Trick or Treat and be reminded why *It's Worth the Drive!*

Masquerade on Main & Mill

Date and Time: Saturday, October 25 4:00 pm - 9:00 pm

Address: Downtown Georgetown, Main Street & Mill

Category: Festivals and Events

Last year, we welcomed over 2,000 families to the streets of Downtown Georgetown for a night like no other. And we can't wait to make this year even more unforgettable!! Join us on Saturday, October 25th, 2025 | 4pm t o 9pm for Downtown Georgetown's spookiest and most spirited Halloween celebration!

Trick-or-Treating (4pm-6pm) – Bring your little ghosts and goblins to downtown Georgetown for some deligh tfully spooky trick-or-treating at our amazing local businesses. It's the perfect way to create memories and colle ct goodies from the heart of our community.

□ ♂ Zombie Walk (6pm) – Things are about to get even spookier! Join the eerie excitement of our Zombie Walk, parading up Guelph Street and down Main Street. Unleash your inner undead as we march to the chilling beat of the night before we gather at Mill for a thrilling finale!

All-Ages Dance Party (7pm-9pm) – Bust out your best monster moves at our wicked fun All-Ages Dance Part y on Main Street! A DJ will be spinning tunes that will keep the crowd moving, making it the perfect way to cap off a spooky night with the whole family.

Don't miss out on the most thrilling night of the year—come join the fun and celebrate Halloween with us in d owntown Georgetown!

Join the spook-tacular fun!

Vinyl Record Party with Heritage Acton

Date and Time: Saturday, October 25 7:00 pm - 11:00 pm

Address: 19 Willow St. N.

Category: Festivals and Events

Join us for a retro night of turntable music, dancing, BYOV (Bring Your Own Vinyl) or enjoy our selection of hundreds of albums. \$20 pp don't forget your costume!

Information and Tickets

Sunday, October 26, 2025

Date and Time: Sunday, October 26 10:00 am - 5:00 pm

Address: 9365 10th Sideroad

Category: Festivals and Events

Join us for the 4th Annual Spooks & Spells Market, an unforgettable fall event happening October 25th & 26th, set against the stunning backdrop of Andrew's Farm & Winery!

This outdoor market is all about celebrating local, Canadian talent and we're looking for passionate creators and businesses to be part of the magic!

 \square \(\text{\text{Event Highlights:}} \)

- Thrilling Halloween attractions including a Haunted Forest, Wagon Rides, Pumpkin Picking & Painting
- Petting Zoo, Corn Maze, Park
- Live Entertainment, Costume Contest, Prizes & more!
- Draws thousands of families and Halloween enthusiasts each year!

Limited vendor spaces available — Early Bird Vendor Rates are now live and available until June 14th Don't miss your chance to showcase your brand, promote your service and sell your goods in front of a festive, high-traffic crowd.

We will be fundraising and accepting monetary donations for Childhood Cancer Canada.

"Noble Silence" Meditation Class

Date and Time: Sunday, October 26 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 fe w minutes each day can improve focus, emotional well-being, and inner peace. Over time, regular meditation n urtures 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 nerv ous if you've never been to a monastery or meditation class before. The atmosphere at our activities is peaceful, welcoming and very friendly.

Wednesday, October 29, 2025

"Mindful Wednesday" Meditation class

Date and Time: Wednesday, October 29 7:00 pm - 7:30 pm

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

Category: Festivals and Events

This is a guided and silence meditation class for you to experience peace in your mind and get rid from anxiety.

Cost: Free

This meditation event is catered to those who like to develope mindfulness. Thereby reduce work stress and develope a peaceful mind.

What to Expect:

We will practice Loveing-kindness meditation and Brething meditation by utilizing origional Buddhist texts and techniques. The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. D on'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.

Newcomers are welcome. We're looking forward to meeting you.

https://calendar.visithaltonhills.ca