

Sunday Sittings in Montreal

There are weekly sessions on Sundays from 3:00-5:00 pm at the Padua Centre, 1950 St. Antoine West (near the Georges Vanier metro). The sessions are in English and include meditation instruction, sitting and walking meditation practice and either a Dhamma talk and discussion or a guided meditation on loving-kindness (metta). The sessions at the Padua Centre are normally led by Daryl Lynn Ross.