

Wednesday Sittings in Montreal (in English)

There is a weekly sitting in Montreal on Wednesdays from 5:00-6:45 pm at the Concordia University Multi-faith Chaplaincy, 2090 Mackay (near the Guy-Concordia 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 are normally led by Daryl Lynn Ross.