

## Lunchtime Meditation

Feb 26

Weds, 12.45 ~ 1.30pm

Refresh your mind through a simple guided meditation, followed by a delicious vegetarian lunch at the centre.

( Feb 26 class by Centre Teacher.)

Venue : Kadampa Meditation Centre Hong Kong – 1/F, Causeway Tower, 16-22 Causeway Road, Causeway Bay, HK

Fee : \$108 (incl. vegetarian lunch)

Bookings / Inquiry : 2507 2237 / [info@meditation.hk](mailto:info@meditation.hk)