

Red Maple Buddhist Sangha



The Path of the Buddha began over 2500 years ago and continues to offer us ways to lead a spiritually rich and morally sound life. The Way of the Buddha is a way of peace and deep, personal awareness which can be practiced by anyone of any faith.

In this half-day program we explore the life of this important historical figure and his teachings. Woven into the workshop is an introduction to practices (sitting meditation, mindful walking, awareness of the body and breath) that typify Buddhist practice the world over. Participants can explore how to incorporate these into their daily lives, including attending RMS practice sessions.

Your instructor is Ray Innen Parchelo, a lay instructor with over 40 years experience in meditation and Buddhist study. He is Renfrew County Social Worker and founder of the **Red Maple Sangha**

Entering the Dharma Path Introducing Buddhism Teaching ~Practices Lifeway

All **Red Maple** activities are free offerings to our community. We welcome *dana* (donations) to help us to continue our outreach and programming. Suggested *Dana* for this event is \$10.00.

Saturday, April TBA, 2009
8.00 am-12.30pm
Akashaloka,
Renfrew, ON

To help us prepare for your participation, please let us know by the preceding Thursday if you plan to attend.

Contact Ray at kanin@realperson.com
or 613-433-9405

Directions given on registration.

Visit our website :
www.realperson.com

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RMS offers regular Saturday Dharma practice and is the host for "**peaceful mind**", a free secular mindfulness training program, Thursdays, 7.00-8.30 pm.