

La maison de Pleine Conscience

invites you to a

Mindfulness Day

with

Chân Huy

dharmacharya invested by

Thich Nhat Hanh

I love myself,

just a little,



a lot...

not at all?

A whole Day of Mindfulness
to play "Love me, love me not" in this month of Love!

Sunday, February 24th, 2007

9:30 to 5:00 pm

5867 Saint-Hubert, Montreal (metro Rosemont)

Cost: 40 \$

(Please bring your own lunch and your cup)

(514) 272-2832

mpcmontreal@videotron.ca
www.mpcmontreal.homestead.com/files/