

Buddhist Meditation

Esquimalt Recreation Centre

Wednesday Evenings

7:15 - 8:45pm

\$48/6

Jan 18-Feb 22

35346

Feb 29-Apr 4

35347

Apr 11-May 16

35348

Thursdays at Lunchtime

12:10 - 12:55pm

\$30/6

Jan 19-Feb 23

35208

March 1-Apr 5

35209

Apr 12-May 17

35210

Drop-in \$10/class (evening) & \$6.50/class (lunchtime)
Classes are lead by Sachi of the Bodhichitta Buddhist Centre



Esquimalt Parks
& Recreation

Esquimalt Recreation Centre

527 Fraser St.

250.412.8500

www.esquimalt.ca



@EsquimaltRec

esquimalt.ca/recreation

