



GADEN SAMTEN LING

TIBETAN BUDDHIST MEDITATION SOCIETY



One Day Retreat on *Joyous Effort*

Saturday, October 28

**10:00 am to 4:00 pm at the
Alberta Centre for Peace & Meditation**

11403-101 Street, Edmonton

Shantideva's *Way of the Bodhisattva*, Chapter 7, describes how to maintain enthusiasm when pursuing a spiritual path. Joyous Effort means finding inner joy in doing positive acts and having the resolve to persevere in this practice no matter what obstacles arise. This one day teaching combines instruction, meditation, and the opportunity to have dharma questions answered.

Fee: \$45

Registration Deadline: October 21

**Alberta Centre For
Peace and Meditation
11403-101 Street
Edmonton, AB**



*Lunch available by
donation. For details on
what to bring, etc. please
visit our web site
Calendar of Events*

Register online (preferred).
If you are unable to register
online, please phone us.



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