

Meditation at the
Dalhousie
Multifaith Centre

Quiet Time



Prayer and Meditation Room, 1321 Edward Street



Thursdays at Noon

Being Still



Are you looking for a place and time to quiet the mind and be still with others?

We gather at noon, or shortly after, on Thursdays in the Prayer and Meditation Room in the Dalhousie Multifaith Centre. We are located at 1321 Edward Street which is next door to the Law School.

After a brief time of gathering, we remain in stillness together for about thirty minutes.

The Centre has a kitchen where you are welcome to have your lunch or a beverage.

**In the tradition of
Laurence Freeman and
Thomas Keating**