

# MEDITATION

## CLASSES



# FREE

Open to the  
public

Hosted by the

Hindu Cultural Centre

62 Charterhouse Cres, London, ON



Mondays

at

5:30 – 6:15  
PM

CONTACT

Narendra,  
Instructor  
[nchunilall@gmail.com](mailto:nchunilall@gmail.com)

OR

Prema, HCC  
President  
[Hcclondon62@gmail.com](mailto:Hcclondon62@gmail.com)  
519-520-4044