

VEN. KUSALA THERO

BUDDHIST MONK FROM SRI LANKA



Ven. Kusala Thero is a Buddhist Monk from the Theravada tradition. He lives in a Temple in the SouthWest part of Sri Lanka. He holds a Master degree in Psychological Counselling and Buddhist Psychology..

He is a Buddhist Meditation and Sacred Chanting Instructor, Lecturer, Counsellor in Buddhist Psychology and Deputy Principle of Sri Sumedha Dhamma school.

His main motivation is to teach meditation and the main elements of Buddha's teachings in a way that we all could make use of in our daily lives.

The profits from his workshops and private therapy sessions go to the maintenance and management of his village Dhamma School and to the children victims of the very recent floodings in Sri Lanka.

FB Page: Dangala
Kusala Thero

WORKSHOPS IN THE MONTREAL AREA

A day with Ven. Thero and Dr Bali

Saturday, June 10

10:00am-5:00pm: **Love and Happiness in our relationships - Taming the mind**

Yoga Bliss, 3545 Côte-des-Neiges, #90
isabel.yogabliss@gmail.com,
catherine.jazb@gmail.com

Compassion and Loving Kindness

Wedn. June 14, 7:00-8:30pm

AnandaOM, 460 Sainte-Catherine O, #908
Registration: info@anandaom.com

Metaphysics and Crystals

Thursday, June 15, 7:00-9:00pm

1257 Cartier, Montreal

Reservation: catherine.jazb@gmail.com

Metaphysics and Healing

Métaphysique et Guérison

Friday, June 16, 4:00-7:00pm

Shanti Clinic, 3364 St-Martin W,
#200, Laval

Reservation: tanya@shanticlinic.com

Buddhist Teachings and Meditation for Therapy (open to all)

Saturday, June 17, 10am-4pm

AnandaOM, 460 Sainte-Catherine O, #908
Registration: info@anandaom.com
514-999-4018

Mastery of the Mind and Spiritual Awakening

Sunday, June 18, 10am-4pm

AnandaOM, 460 Sainte-Catherine O, #908
Registration: info@anandaom.com
514-999-4018

International Yoga Day Kirtan, yoga, meditation

Wedn. June 21, 5-9pm

Westmount Park

Skillful Living

Teachings, chanting and meditation

Thursday, June 22, 7:45-9:45pm

5145 boulevard Décarie #100, Montreal