



MUSKOKA MINDFULNESS COMMUNITY

NEWCOMER ORIENTATION

Welcome to the **Muskoka Mindfulness Community (MMC)**!

We are a “sangha”, meaning a group of people who come together to support each other in the cultivation of mindfulness and conscious living. The group gathering includes meditation, teachings, and the opportunity to ask questions and discuss the practice.

Wednesdays, weekly - 6:45 p.m. to 8:30 p.m.

- “**The Tom**” **Social Room**, 23 Campus Trail, Huntsville On P1H 0G1 (Directions: off Muskoka Rd 3 North, just past the Hospital)
- **Zoom** connection available

For details, please visit: <https://www.mindfulnessmuskoka.com/>

Cost: Free

We invite participants who are financially able to contribute \$5 toward rent expenses.

Generosity

In our tradition, an important practice is the practice of Generosity. It is referred to by its ancient Indian name, **Dana**. Traditionally, dana is offered to the teacher for sharing the teachings which are considered priceless. In our group, the dana we collect is donated to charity twice a year. We also collect dana for the Scholarship Fund that is used to support those attending Insight Muskoka retreats by Bill Knight.

Daylong Retreats - Monthly, fourth Sunday (some exceptions due to holidays)

- Novar Community Centre
- Donation request of \$5 for hall rental.
- Dates and details please see: [Details](#)

Additional Retreats

Bill Knight (Insight Muskoka) leads two residential meditation retreats a year. They typically last 4-5 days and occur in March and August.

For details, please visit: <https://www.mindfulnessmuskoka.com/>

We have a sister community sangha in Bracebridge, organized by **Centre for Mindfulness Muskoka (CMM)**.

Mondays, weekly - 7:00 p.m to 8:30

- Knox Presbyterian Church, 120 Taylor Rd. Bracebridge
- Zoom connection available

For details, please visit: <https://www.mindfulnessmuskoka.com/>