

MEDITATION + MINDFULNESS SERIES

Curious about meditation
or deepening your practice?

In this 4 part series, we will learn and practice a meditation technique followed by discussion. They are Breath, Sounds, Open Awareness, Whole Body Awareness, and Love & Kindness.

Thursdays 6:30-7:45 PM

10/18, 10/25, 11/1, 11/8.

\$80. Space is limited to 10 participants.

Questions or to register,
please contact
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