



MEDITATION

“Come—be still and find your center.”



This program caters to:

- Beginners with no meditation experience
- Experienced meditators who would like to deepen their practice
- People who enjoy a group environment

What will you learn:

- How to quiet a busy mind
- Learn how to reflect on your feelings
- Develop relationship with others

This program is best suited for people who are comfortable with:

- Small spaces and being in close proximity with others
- Sitting quietly for a period of time without disturbing others

The Meditation Program is offered:

- Wednesday 2:00 pm – 3:00 pm

Is there a cost:

- No fee required

Do you need to sign-up:

- No registration required
- Space is limited

What participants are saying about the Meditation Program:

“It gives me an opportunity to stop, slow down and turn inward.”

“I feel closer to God when I spend time in meditation.”

