



# MEDITATION SERIES

A PRACTICAL EXPLORATION  
OF  
MINDFULNESS MEDITATION PRACTICES



*Join Jenn Thomas & Rebecca Foster  
on Sundays...*

*Together we will uncover some of the  
mysteries of meditation. With each session  
we will engage in and skillfully build a practice...*

*This series covers:*

- an introduction to techniques*
- tools that address common pitfalls*
- strategies for creating a home practice*
- the experience of community, sangha*

*Sundays  
6:30 - 7:45*

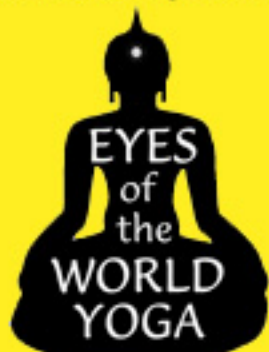
*February 7 & 21  
March 14 & 21  
April 11 & 18*

*all 6 sessions \$65*

*3 sessions \$36*

*drop in \$16*

*Eyes class cards accepted for drop in*



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