



Our weekly "drop-in" Monday Meditation hours are a chance for you to step out of the busy and into the calm, to de-stress, to let your worries go, to reconnect with yourself, to find peace. A mantra or short instruction will be offered during the first fifteen minutes, then we will sit in community in the quiet. A Sound Bath will be offered the last Monday of each month for those who wish to truly surrender and heal with the vibration of sound!

every monday evening

6:15 PM

SITTING MEDITATION \$15

SOUNDBATH \$25

Beginners Welcome!

Monday Meditation is available for all who wish to find greater joy and peace in their lives, and for anyone interested in learning how to live more presently.



*A white flower grows in the quietness.
Let your tongue become that flower.
~ Rumi*

