



MEDITATION GROUP

Simple • Silent • Still

In these times of unprecedented change, the practice of meditation connects us to our essential and unchanging nature. In its most basic form, meditation is very simple—as we practice shifting our conscious attention inward, we eventually find calm, stillness, love and peace.

This will be a relaxed gathering where you can experience the benefits of a simple meditation practice. It's an opportunity to come together with others to sit in meditation, in silence and stillness, and for sharing and reflection.

8-week meditation group
Sundays from
Sept. 29-Nov. 17, 2019
11:30 am to 1:00 pm

Facilitated by _____

Based on the teachings of Sat Shree

Zoom Link: [http.....](http://satshree.org/teachings/globalgroups)

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New Dharma

A Paradigm for Spiritual Living

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