

Winter 2019

Meditation is More Than You Think

Facilitated by
Rev. Dr. Katherine
Economou



Tuesday Evenings,
6:00 to 9:00 pm

Begins January 15th
8 weeks
Class Fee \$ 215

Texts:

*An Easy Guide to
Meditation,*
Roy Eugene Davis

Journey of Awakening,
Ram Dass

Prerequisite:

Foundations or
Beyond Limits class
Waived for this class.
All are welcome.

Sign up after service!

Studies have shown time and time again that meditation has great benefit to our health and wellbeing. Many people struggle trying to figure out how to start a meditation practice. This class is designed for you to explore different types of meditation in order to find the practices that serve you best.

Topics include:

- meditation with light
- mantras
- sound
- movement
- breathing, and more

Each week is set up as a joyful experience that supports you in connecting to and communing with the Divine.

“Meditation can help us embrace our worries, our fear, our anger; and that is very healing. We let our own natural capacity of healing do the work.”

~ Thich Nhat Hanh

Give yourself the gift of a Science of Mind class!