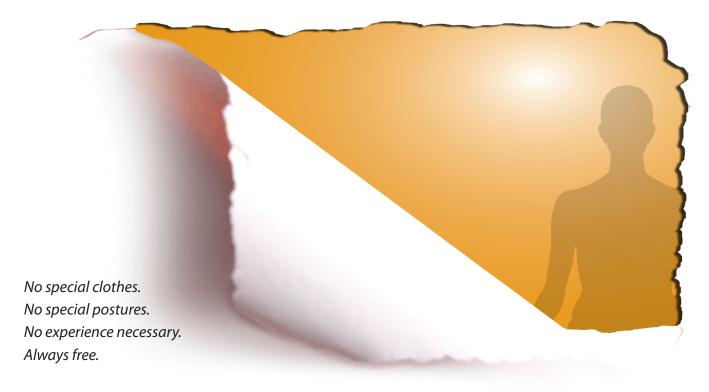
## Science of Spirituality Presents

## MEDITATION

## For Spiritual Awareness

**Introductory meditation classes** 

Facilitator: Elisabeth Treefon



In this fast-paced, challenging world, is there a way you can decompress, regain your center, and experience the peace you seek? Learn how meditation can help you transform your life and find the joy and serenity you're longing for.

## Thursdays | Beginning March 2 | 5:30pm to 6:30pm

**Unitarian Universalist Congregation of Grand Traverse** 6726 Center Road, Traverse City, MI

To register: 231.357.4700 lizzietreefon@gmail.com

See: www.sos.org

Science of Spirituality is a worldwide, spiritual organization dedicated to transforming lives through meditation, under the guidance of Sant Rajinder Singh Ji Maharaj.

