

Science of Spirituality Presents

# MEDITATION

For Spiritual Awareness

Introductory meditation classes

Facilitator: Elisabeth Treefon



*No special clothes.  
No special postures.  
No experience necessary.  
Always free.*

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](http://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.

