

Basic Meditation

Join this group, hosted by **Ellen Stone Belic and Sandra Kirmeyer**, to learn and practice basic meditation techniques. This is a great opportunity to start or renew your practice - and to experience the joy and multitude of benefits of meditation. The next session is:

Tuesdays: 6/4, 6/18, 6/25

5:45 PM setup for 6:00 PM start

Saturdays: 6/8

9:45 AM setup for 10:00 AM start

If you would like to attend or receive notices of upcoming sessions, e-mail Ellen at ellen@stonebelic.com.

