

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.

Tuesdays: 10/9, 10/16, 10/30
(5:45 PM set up; 6:00 PM session begins)

Saturday: 10/13
(9:45 AM set up; 10:00 AM session begins)

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

