

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 sessions will be on:

Tuesdays: 1/9, 1/16, 1/23, and 1/30

(5:45 pm set up; 6 pm session begins)

Saturdays: 1/6, 1/20

(9:45 am set up; 10 am session begins)

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