

Science of Spirituality Presents

MEDITATION

For Spiritual Awareness

Introductory Meditation Workshops

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 30 | 5:30pm to 6:30pm

**Unitarian Universalist Congregation
of Grand Traverse**

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

