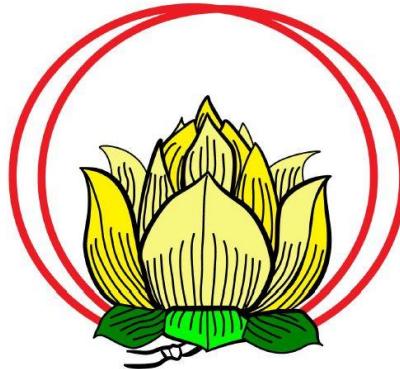


MEDITATION FOR CHALLENGING TIMES

A Free Four-Session Class Open to All



4:30-5:30 pm Thursdays in October
(October 5, 12, 19, and 26)

Channing Murray Foundation
1209 W. Oregon St, on campus

Learn meditation practices from the Buddhist tradition. No meditation experience needed.

Taught by Rev. Florence Caplow
Zen teacher and Unitarian Universalist minister

For more information and to register, go to
Facebook: <https://goo.gl/X9tsLC> or
<http://www.brownpapertickets.com/event/3076710>

Ground the body ~ Calm the mind ~ Open the heart