



Meditation Circles

Enjoy a gentle relaxation to help quiet the mind, and then listen to a short passage of Yogic Wisdom. Spend a few minutes in quiet contemplation, followed by a teacher-guided explanation. Share your questions or interpretations, or simply listen and feel inside what it means to you.

**Monday, Wednesday and Friday
at 8:00 am and 8:00 pm**

Sign off at this point if you wish, or remain on the line to join us for

Japa Meditation

Japa Meditation benefits yourself, mankind and the earth! Offer with your mala beads, or simply listen to the calming repetition of the mantra.

Open to All ~ No registration required