



## 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.

**Mondays, Wednesdays and Fridays  
at 8:00 am and 8:00 pm  
Saturdays at 8:00 am  
Sundays at 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**