



MEDITATION & BODY MIND CENTERING

with Jan Cook MS Ed

Meditation | Mindfulness

Classic practices from Buddhist lineages, modern science, psychology and the arts, for all faith traditions.

[Now two locations](#)

First Unitarian Church of Rochester
220 Winton Road S, Rochester, NY 14610

Beginning Meditation

For those who want to explore meditation for the first time, or return with beginner's mind.

6 Wednesdays: Noon - 1:15 \$60
November 8, 15, 29
December 6, 13, 20

Deepening Meditation

For those with meditation experience who want to continue to study and practice.

6 Wednesdays: 1:30 - 2:45 \$80
November 8, 15, 29
December 6, 13, 20

Ongoing Meditation | Living the Dharma

For those wanting ongoing practice, teachings and a supportive circle. focus on integrating practice and its benefits into everyday life.

6 Thursdays: 6:45 - 8:15 \$75
November 2, [9*](#), 16, 30
December 7, 14, 21, [28*](#)

**[Blue](#) dates are Peer Led practice sessions*

Embodied Meditation Body-Mind Centering®

Explore the same content of Meditation Classes through time-honored, body-centered traditions.

[New location](#)

Balance Acupuncture Center
152 W Commercial St, East Rochester, NY 14445

Embodied Beginning Meditation

For those wishing to explore meditation through mindfulness, movement, & transforming habitual stress patterns.

3 Tuesday Mornings: 9:00 - 10:30 \$60
October 31 | November 7, 14

Meditating from the Body Workshops

For those wanting a monthly exploration in BMC®, focused into meditative practice, both on & off the cushion.

Friday Mornings 9:00 - 12noon
October 6 | November 3 | December 1
\$60 per session

Embodying Refuge 1/2 day retreat

An experiential retreat to contact, create and deepen your connection with Refuge. For those who want to have more stability, joy, clarity and connection for what matters most.

Saturday Morning: 9:00 - 12noon
October 21

\$60 suggested donation *No one turned away for lack of funds.*



Jan Cook
Registered SMET
BMC® Practitioner
Ordained Dharma Teacher

For more info about Jan Cook & Meditation
livingandworkingwell.net

To Register or Inquire contact Carolyn: livingandworkingwell.info@gmail.com