



Meditation & Mindfulness

with J A N C O O K MS Ed.

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

January 10, 17, 24, 31 | February 7, 14

Deepening Meditation

For those who want longer practice sessions and
quiet guided introspection in community with others.

6 Wednesdays: Noon - 1:15 \$60

January 10, 17, 24, 31 | February 7, 14

Ongoing Meditation | Living the Dharma

A meditation community for non-sectarian
Buddhist practice and application.

30 minute sittings, Dharma Talk and discussion

6 Thursdays: 6:45 - 8:15 \$75

January 11, 18, 25 | February 1, 8, 15

Body Mind Centering® Sessions

For those who wish to explore this highly effective
approach to body-mind wisdom for ease, clarity and resilience.
by Appointment

Spiritual Direction Sessions

Kaliana Mitra means Spiritual Friend or Guide.
These sessions help integrate contemplative and meditative practices into your daily life.
by Appointment



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**