

Learn To Meditate

Commit to Sit: Saturdays 10:00 – 11:30 a.m.

April 2 – May 7, 2011

Including a daylong silent retreat on Saturday April 23

There is only one way to know about meditation –
try it for yourself.

Commit to learning and practicing these ancient techniques
that science is now verifying.

Give yourself 6 weeks of direct experience, teachings and practice
and see what all the talk is about.

6 Week Introduction to Insight Meditation

with Jill Davey: in training with teachers Molly Swan & Norman Feldman
\$60. pre-registration fee covers studio cost.

Donations for the teachings will be accepted at the end of the course

at RiverSound Retreat on the Fergus Grand River

