



# Free Meditation & Study Group

3rd Sunday Night of Every Month  
7 PM to 8 PM



"So you want to learn how to meditate. Come, let me show you the way".

~ Lama Christie McNally ~

Come and learn how start or keep your meditation practice, while also learning ancient yogic teachings and how they apply to modern life. All levels of experience are welcomed.

- The physical, mental and spiritual benefits of meditation
- How to create a conducive atmosphere for a daily practice
- How to choose the right equipment, time of day, posture, etc.
- The basic techniques
- The obstacles to a daily meditation practice and their antidotes
- The most important secrets to achieving success.
- The class will end with a guided meditation.

The workshop is FREE, but donations will be accepted for local charities to help them continue all of the good work they do for our community.

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(South of 22 Mile Road)



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