

GUIDED Meditations

(beginner-friendly)

TUESDAYS 7:00-9:00 PM

\$10-\$25 suggested donation



Geek meditation session.

Facilitated by **Brother ChiSing**, M.A., M.Div. (*ordained by THICH NHAT HANH*), this Guided Meditations group (12+ persons) is the perfect class for beginners (*and also for more advanced practitioners who want to supplement their silent practice with guided meditations*).

Each month we will have a theme. February's theme is:
"Love, Compassion, Joy & Peace"

- 7:00 **Introductions**
- 7:15 **Guided Resting Meditation (25 min.)** – deep relaxation (*lying down*)
- 7:40 **Guided Walking Meditation (10 min.)**
- 7:50 **Guided Sitting Meditation (25 min.)**
- 8:15 **Spiritual Teachings & Sharing Circle**

* recommended book: "Happiness" - Thich Nhat Hanh



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