

# Meditation Pathways



**\*\* Beginning January 19, 2019 \*\***

**RELAX ... your body;**  
**STILL ... your mind;**  
**LEARN TO BE PRESENT ...in the moment**

**Saturdays: 11:00am to noon**  
**Location: St John's Anglican Church (chapel)**  
**Drop in: \$3 per session**  
**Facilitator: Deacon Juanita**

***Beginners: this group is for YOU!***

**Each session will offer: a relaxation exercise, a 5 minute address, explore a variety of meditation pathways (including the use of mantras, sacred readings, lectio and audio divina, chanting, prayer beads etc.) before entering into a 'sit'. The group will begin with a 10 minute 'sit' ...gradually building up to 30 minutes, over the weeks, as the skill and comfort level of participants grows. Geared for busy people, please join us as spirit moves you and your schedule allows.**



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