



MINDFULNESS & MEDITATION *Class Series*

Wednesdays, 6:30-8 PM
Jan. 30 - Feb. 27, 2019
Carson City, NV

This 5-week class will introduce attendees to the practice of sitting, walking, and eating meditation, and teach participants how to bring mindfulness to everyday life. Core Buddhist concepts will also be explored. Some classes may include mindful movement.

Between them, teachers Kathy Schwerin and Angela Sullivan have almost 100 years of meditation and yoga experience. They have been teaching one thing or another since they were children and are delighted to share the practices and benefits of mindfulness and meditation.

There is no charge, donations gratefully accepted.

**Class will be held from 6:30-8pm at Unity of the Sierra,
1933 California Street, Carson City, NV 89701**

For more information email kathy@dharmazephyr.org or call
775-882-4980.

***Registration is encouraged.**