

Meditation Class Schedule

August 2008						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2 No Class	3
4 Noon 20 Min. Silent Meditation	5	6	7 Guided Meditation 7:30-8:15pm	8	9 Guided Meditation 9:15-10:00am	10
11 Noon 20 Min. Silent Meditation	12	13	14 Guided Meditation 7:30-8:15pm	15	16 Guided Meditation 9:15-10:00am	17
18 Noon 20 Min. Silent Meditation	19	20	21 No Class	22	23 No Class	24
25 Noon 20 Min. Silent Meditation	26	27	28 Guided Meditation 7:30-8:15	29	30 No Class	31
<div style="display: flex; justify-content: space-between; align-items: center;"> ✧ <div style="text-align: center;"> <p>Please call to reserve your space: 818 913-9691</p> <p>Classes start promptly – No late arrivals will be admitted</p> <p>*Suggestions: Dress comfortably bring a journal or note pad</p> <p>Free self parking behind store</p> </div> ✧ </div>						

“Peace: It does not mean to be in a place where
 there is no noise, trouble or hard work.
 It means to be in the midst of those things
 and still be calm in your heart” -Unknown