



Open Meditation Tuesday May 24th 7:45 – 8:45pm

Art House

1756 Wilmot Ave

Shawnigan Lake Village

This un-facilitated meditation time includes an opening & closing circle. Participants are invited to meditate in whatever way they feel comfortable, with guidance given as necessary. May be seated, lying, or moving.

There are no rules, beyond not disturbing other meditators.

250 743 5846

www.MoonDanceArts.ca

MoonDanceArts@yahoo.ca