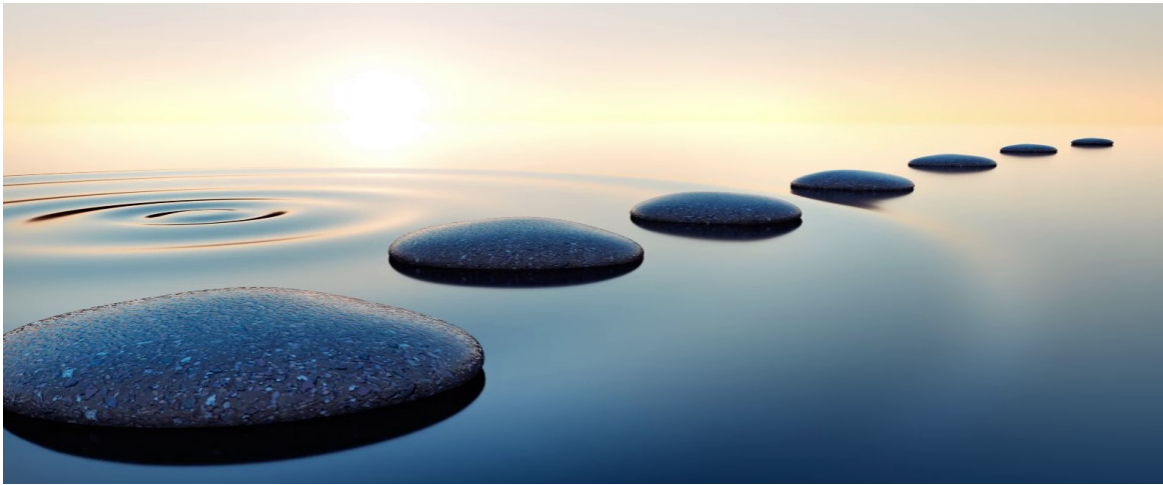




Grand Bend Vipassana Meditation Group

Invites you to Learn to Meditate



"Mindfulness is the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally." (Jon Kabat- Zinn)

By focusing on the breath, the idea is to cultivate attention on the body and mind as it is moment to moment, and so help with suffering, both physical and emotional.

Four sessions - come to any one or all of them - 1:00-2:30 p.m.

October 9 - The Breath

October 16 - The Body and Sounds

October 23 - Thoughts

October 30 - Emotions and Beyond

Fee - donations in gratitude for the leadership and space are welcome

Located in the Fellowship Hall of Huron Shores United Church

25 Main St (Corner of Main & Queen)

519-238-2402 * huronshoresunitedchurch@gmail.com

*"Our relationship with God and each other strengthens us, and helps make the world a better place.
We welcome and include **everyone** into congregational life."*



Affirm/Staffirmer
UNITED/ENSEMBLE