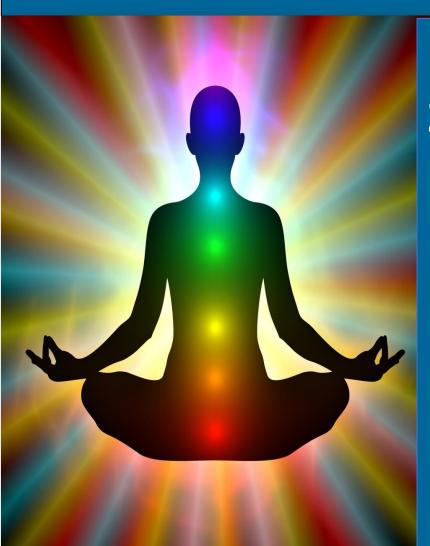
Meditation is More Than You Think



January 29 – February 26 2 Hrs twice/wk: Sundays 1-3pm; Wed. 6-8pm; Feb 22 (4 hrs)

Growth Investment \$150 for complete 5 weeks Or

*\$20/ea for Sundays Feb. 2, 9, 16 and Sat. 2/22
All Are Welcome!
No books needed. 8-10 people required

| Class | Date | Time | Class Description |
|--------------|---------------|---------|--|
| #1 | Wed. Jan 29 | 6-8 pm | Overview of entire course; meditative breathing |
| #2 | Sun. Feb. 2* | 1-3 pm | Experience a SOUND BATH Meditation with Gail Jackson |
| #3 | Wed. Feb. 5 | 6-8 pm | Chakra Meditation |
| #4 | Sun. Feb. 9* | 1-3 pm | Focus on Movement and Dance Meditation, |
| #5 | Wed. Feb 12 | 6-8 pm | Meditation featured is laughter and chanting |
| #6 | Sun. Feb. 16* | 1-3 pm | Focus on visioning and creativity with mindful card making |
| #7 | Wed. Feb. 19 | 6-8 pm | Meditation featured is loving kindness |
| #8 | Sat. Feb. 22* | 9am-1pm | Breathing, body scan, movement, visualization and eating |
| #9 | Wed. Feb. 26 | 6-8 pm | Walking meditation |
| #10 Bonus | Fri. Feb 28 | 6-8 pm | Labyrinth Walk at Anchorage Unitarian Universalist Church |



929 E. 81st Ave., Anchorage, AK 99518 (Behind Fastenal on Old Seward Hwy near Dimond Blvd. www.cslalaska.org 522-0940



