

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

