



MEDITATION CLASS

BEGINNER? LOOKING TO DEEPEN YOUR PRACTICE?

...ALL ARE WELCOME...

@ THE SANFORD MAINE UNITARIAN UNIVERSALIST CHURCH

~ONCE A MONTH ON THE THIRD TUESDAYS
EACH MONTH ... TUESDAYS 3/21, 4/18, 5/16, 6/20

4:00-5:00PM \$10 A CLASS

~TAUGHT BY CINDY SIMON, M.A., NCC, REIKI MASTER

SIGN UP IN THE CHURCH OFFICE WITH MONA



*WHERE DOES MOST OF YOUR AWARENESS &
ATTENTION GO?*

LEARN TO LIVE MEDITATIVELY...CULTIVATING ACCEPTANCE, NON-
JUDGING, PATIENCE, GRATITUDE, SERENITY, JOY, & BECOME A
BETTER LISTENER, AND SLEEP BETTER, FEEL MORE CALM, INNER
PEACE!

~DO YOU LIVE IN THE MOMENT? ARE YOU AWARE OF YOUR BREATH?

~~~RELAX~~

\*IMAGINE PEACEFUL SCENERY \*LEARN DEEP STILLNESS

\*UTILIZE POSITIVE AFFIRMATIONS \*RID YOUR MIND OF NEGATIVE  
CHATTER

