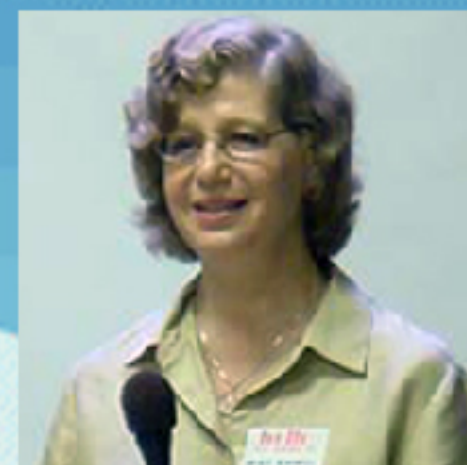


# Beginner's Meditation Class

For relaxation, clarity, and mindfulness.

Come and learn meditation with Nancy Bonardi

In this 2-session course, students will learn how to relax body and mind, be mindful through methods of meditation and experience peacefulness and tranquility.



**Date:** Sat, Jan. 8 & 15, 2011  
9:30am–12pm

**Fee:** \$40  
(includes vegetarian lunch)

For English language speakers with no previous experience in meditation.  
Please wear loose, comfortable clothing.

