



# ❖ Meditation & The Yoga Sutras

Dedicated to the healing of our true self & our world  
with Vimala Ren

*Join us & immerse yourself in the healing power of  
group meditation  
& discussions on living an authentic life.*

**Together, we will explore new methods of meditation as we  
study & discuss The Yoga Sutras and other wisdom traditions.**

**Attendance of previous class is not required. Classes stand on their own.  
\$10 per class.**

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## *Monthly Morning Meditation Classes on Saturdays*

*7:30-8:30 am*

*September 19 - "Generosity"*

*October 17 - "Self Compassion"*

*November 21 - "Deep Listening"*

*December 12 - "Integrity & Impermanence"*

## *Monthly Evening Meditation Classes on Wednesdays*

*7:00-8:00 pm*

*October 7 - "Generosity"*

*November 4 - "Self Compassion"*

*December 2 - "Deep Listening"*

**Pre Registration Helpful**



Healing Arts & Yoga Center

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