



❖ **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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