

Would you like to learn a natural way to eliminate stress
and enhance peace and relaxation in your life?



Meditation in the Park

Fresno's Woodward Park, Riverview Picnic Shelter, 10 a.m. to 12 noon

Save these 2011 Dates!

Sat, June 25th
Sat, July 23th
Sat, August 27th
Sat, Sept 24th

Questions or Info Contact:
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Serving the Central Valley Since 2007

- ◆ Practice Silent Meditation
- ◆ A Path Toward Inner Peace
- ◆ Introduction to Zen Meditation, Centering Prayer
& Raja Yoga Meditation
- ◆ Everyone Welcome
- ◆ Please bring your own lawn chair or meditation cushion

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*Directions: From Audubon Drive, use entrance on right; drive 1 mile to
River View Picnic Shelter (located on your left and across from Dog Park).
We will gather under the large trees. \$5 park entry fee per vehicle.
Seniors enter free.*