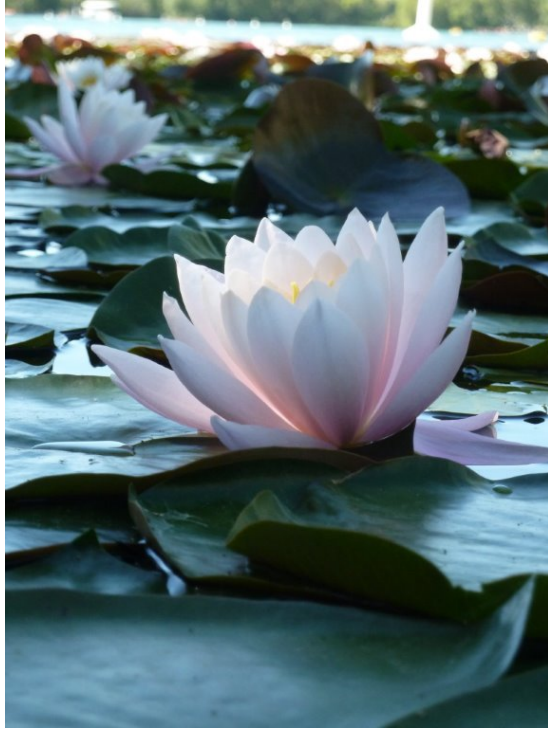


Meditation Day Retreat

Appreciating Ourselves, Appreciating Practice



Saturday, Oct. 5th
8am - 3pm

at the Sage House
3301 22 St.,
Vernon, B.C.

Bringing attention and appreciation to our spiritual practice and to our own being brings refreshment, joy, insight and happiness. The day will include periods of meditation (both guided and silent), journalling and sharing.

All levels of meditation experience are welcome.

This will be a quiet time to find refuge in stillness and silence.

A vegetarian lunch, beverages and snacks will be provided.

Please register early, space is very limited.

Co-facilitated by Kati Gardiner and Trudi Locheed,
both long time meditation practitioners.

By Donation.

For information and registration please contact:

By phone or email: Kati 250-545-0859 kati.gardiner@gmail.com