

Meditation Day Retreat

Revealing Our Wisdom



**Saturday,
April 25th, 2020
8am - 3pm
at the Sage House
3301 22 St.,
Vernon, B.C.**

We invite you to an exploration of our innate wisdom which has the capacity for healing, wholeness and deep insight. 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: Trudi 250-550-0280

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