



**Every Saturday
1 to 2:30 pm**

MEDITATION CLASS & CIRCLE

With Béatrice/*Allowing The Light*, Contemporary Shaman

**This class combines Mindfulness (*Vipassana*) Meditation
& Lovingkindness (*Metta*) Heart Meditation Techniques**

**Other techniques will also be introduced occasionally
with the presence of guest teachers**

*Both beginning and experienced meditators are welcome
There are chairs for sitting; please bring your cushion if you want to sit on the floor*



Cost: DONATION

**Call for information: 304-258-6678 or 877-382-0589 - Walk-ins welcome
Email: allowingthelight@gmail.com**

**Awakening Health Center
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<http://awakeninghealthcenter.com>**