

“SIX ESSENTIAL PRACTICES TO CULTIVATE LOVE, AWARENESS, WISDOM”

Jack Kornfield’s Guided Meditations (on CD)

Saturday, June 19

12:00 – 3:30 PM

Unitarian Meeting House
50 Bloomfield Avenue, Hartford

Open to: Beginning & Experienced Meditators

Suggested Donation: \$15 per registrant

We will meditate together, using Jack Kornfield’s CD as a guide. An opportunity for experienced practitioners to delve more deeply into their practice. An opportunity for those new to meditation to be led through the process and experience sitting and walking meditation in digestible segments with breaks. Sit on chairs provided or bring your own cushion. Light refreshments available at 12:00PM.

JACK KORNFIELD:

- Buddhist monk trained in Thailand, Burma and India
- meditation teacher
- best-selling author
 - A Path with Heart*
 - After the Ecstasy, the Laundry*
- co-founder Insight Meditation Society
- founder Spirit Rock Meditation Center
- clinical psychologist
- veteran of the Peace Corps



Register:

- Please pre-register to ensure sufficient seating for all
- At the Adult Programs Table in Fellowship Hall on Sundays
- Call Office during business hours 860-233-9897
- Cash, check or credit cards