

PASSIONIST
EARTH & SPIRIT CENTER

1924 NEWBURG ROAD • LOUISVILLE, KY 40205 • 502.452.2749 • WWW.EARTHANDSPIRITCENTER.ORG

BEGINNING
Meditation
LEARN TO MEDITATE



Calm Your Mind

Grow in Wisdom

Open Your Heart

THE School OF
Meditation



BEGINNING
MEDITATION

Classes start week of
February 13/14, 2018

10 WEEK COURSE • 4 OPTIONS

- **Wednesdays 10:00–11:30 AM**
- **Wednesdays 1:00–2:30 PM**
- **Wednesdays 7:00–8:30 PM**
- **Tuesdays 7:00–8:30 PM**

Introduction to Mindfulness Meditation

CULTIVATING AN AWAKENED LIFE

Meditation is an ancient spiritual practice that has remarkable practical benefits for both body and mind, especially helping to reduce stress. This class offers step-by-step guidance for developing a personal meditation practice using mindfulness. It presents meditation in a clear and straightforward way. Participants receive a map of the inner world and directions on how to navigate the world within. Each class offers: basic instruction in the techniques of mindfulness meditation that come from various spiritual traditions; the psychological principles and scriptural underpinnings of the practice; and clear guidance for bringing the fruits of the meditation practice into everyday life.

- 21 hours of instruction – 6 hour retreat, 10 1.5 hour weekly classes
- Orientation Retreat – two options: Thursday, February 9, 2018, 9:00 AM – 3:30 PM **OR** Saturday, February 11, 2018, 9:00 AM – 3:30 PM
- 10 classes: February 13/14, 20/21, 27/28, March 6/7, 13/14, 27/28, April 3/4, 10/11, 17/18, 24/25
- 4 options: Wednesdays 10:00 – 11:30 AM **OR** 1:00 – 2:30 PM **OR** 7:00 – 8:30 PM **OR** Tuesdays 7:00 – 8:30 PM
- Instructor: Fr. Joe Mitchell, CP
- Course fee: \$185. However, no one will be refused for lack of funds. Some scholarships are available upon request.
- Register using this form or online at www.earthandspiritcenter.org or call 502.452.2749.

✂ **REGISTRATION**

Registration for Spring 2018 **Introduction to Mindfulness Meditation** course:

Orientation Retreat (check one) Thursday, February 9, 2018 Saturday, February 11, 2018

Weekly Classes (check one) Monday 10:00 AM Monday 1:00 PM Monday 7:00 PM Tuesday 7:00 PM

Name _____ Phone (PRIMARY) _____

Address _____ Phone (SECONDARY) _____

City/State/Zip _____

Email _____ Amount Enclosed \$ _____

Please enclose \$185 to reserve your place. Make checks payable to: Earth & Spirit Center. See our website for refund policy.

MAIL TO: Earth & Spirit Center • 1924 Newburg Road • Louisville, KY 40205 • 502.452.2749