

PASSIONIST
EARTH & SPIRIT CENTER

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

BEGINNING
Meditation
LEARN TO MEDITATE



Training the Mind

Growing in Wisdom

Opening the Heart

THE School OF
Meditation



BEGINNING
MEDITATION

Classes start week of
September 18, 2017

10 WEEK COURSE • 4 OPTIONS

- **Mondays 10:00–11:30 AM**
- **Mondays 1:00–2:30 PM**
- **Mondays 7:00–8:30 PM**
- **Tuesdays 8:15–9:30 AM**

Introduction to Mindfulness Meditation
Cultivating an Awakened Life

Meditation is an ancient spiritual practice that has remarkable practical benefits for both body and mind. 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, Sept. 14, 2017, 9:00 AM – 3:30 PM **OR** Saturday, Sept. 16, 2017, 9:00 AM – 3:30 PM
- 10 Monday classes: Sept. 18, 25, Oct. 2, 9 16, 30, Nov. 6, 13, 20, 27, 2017
- 3 Monday options: 10:00 – 11:30 AM **OR** 1:00 – 2:30 PM **OR** 7:00 – 8:30 PM
- Tuesdays 8:15-9:30 AM on Main Street in downtown Louisville at GLI (Greater Louisville, Inc). Register online at www.greaterlouisville.com/events.
- Instructor: Fr. Joe Mitchell, CP
- Course fee: \$175. 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 Fall 2017 Beginning Meditation course:

- Orientation Retreat (check one) Friday, September 14 Saturday, September 16
- Weekly Classes (check one) Monday 10:00 AM class Monday 1:00 PM class Monday 7:00 PM class

Name _____ Phone (PRIMARY) _____

Address _____ Phone (SECONDARY) _____

City/State/Zip _____

Email _____ Amount Enclosed \$ _____

Please enclose \$175 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

Introduction to Mindfulness Meditation 10 Week Beginning Meditation Course

Endorsements from Previous Participants

- “I would highly recommend the introduction to mindfulness meditation course to everyone. It has had a profound effect on me and how I view and handle all aspects of life.” – Jane Morreau, Executive Vice President and Chief Financial Officer, Brown-Forman Corporation
- “Most powerful course I’ve ever taken! I learned how to clear my mind and make a path for my emotional intelligence to guide me. I’m healthier, happier and more productive.” – Barbara Sexton Smith, member of the Louisville-Jefferson County Metro Council
- “With weekly sessions to guide practice and inspiring daily messages, developing a regular meditation practice for calm and serenity has been natural and enriching.” – Linda Valentine, former Executive Director, Presbyterian Church (USA) and corporate attorney.
- “The Introduction to Mindfulness Meditation class launched me on a remarkable journey into an awareness of myself and the world around me, giving me a renewed sense of freedom and inner peace.” – Jim Wayne, member of the Kentucky House of Representatives
- “Mindful meditation has been truly revolutionary for me. I highly recommend this course for anyone wishing to develop a greater sense of internal serenity or a stronger understanding of self.” – Sarah Davasher-Wisdom, Chief Operating Officer for Greater Louisville, Inc.
- “Taking the 10-week class provided an awakening on how to take the practice of mediation into being a strong, empathetic business leader.” – Dan Forte, Vice President for Programming and Events, Kentucky Center for the Performing Arts
- “The course made it easy to turn a mysterious concept mindfulness into a simple and generative practice that will serve me for a lifetime. I would recommend it to anyone!” – Tom Williams, lawyer at Stoll Keenon Ogden and co-chairman of the Partnership for a Compassionate Louisville
- “I’d recommend this class to anyone searching for a deeper meaning to their existence, more purpose to their daily activities, or simply peace amidst the general chaos of life.” – Brian Riendeau, Executive Director, Dare to Care Food Bank, Louisville, KY
- “The course was amazing and I highly recommend it, as it truly helped bring focus, clarity and peace of mind to my business and life.” – Joshua Rose, Attorney at Law, Abell Rose LLC
- “Even if you have done meditation before, this wonderful class provides the opportunity to deepen your experience by learning from a master teacher. It brings mindfulness meditation alive with engaging and clear presentations.” – Cynthia Campbell, Pastor, Highland Presbyterian Church, Louisville, KY
- “This course on mindfulness meditation offers a beacon of hope for those who search for meaning. A balm for Earth and life itself.” – Marianne Welch, environmental activist and The Nature Conservancy’s Kentucky Chapter Board
- “The mindfulness meditation course offered by the Earth & Spirit Center has helped me in a compassionate and highly effective manner.” – Dr. Robb Shrader, M.D.

