

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
February 2017

10 WEEK COURSE • 3 OPTIONS

- **Wednesdays 10:00–11:30 AM**
- **Wednesdays 1:00–2:30 PM**
- **Wednesdays 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. 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, Feb. 9, 2017, 9:00 AM –3:30 PM **OR** Saturday, Feb. 11, 2017, 9:00 AM –3:30 PM
- 10 Wednesday classes: Feb. 15, 22, Mar. 1, 8, 15, 29, Apr. 5, 12, 19, 26
- 3 time options: 10:00 –11:30 AM **OR** 1:00 – 2:30 PM **OR** 7:00 – 8:30 PM
- 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 February 2017 **Introduction to Mindfulness Meditation** course:

- Orientation Retreat (check one) Thursday, February 9 Saturday, February 11
- Weekly Classes (check one) Wednesday morning classes Wednesday afternoon classes Wednesday evening classes

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