

PASSIONIST

EARTH & SPIRIT CENTER

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



THE School OF Meditation

Meditation Part 2

The Way to Wisdom and Insight

Cultivating a Balanced Mind

Mindfulness is a learned skill that offers profound physical, psychological and spiritual benefits. This course presents the theory and application of mindfulness to the four dimensions of life: body, feelings, mental phenomena, and spiritual dynamics. It focuses on the wisdom, insights and happiness that can be achieved through meditative experiences. The simple but powerful techniques of mindfulness can help sharpen attention, deal with tumultuous feelings, overcome mental reactivity, and ultimately put life in a balanced perspective.

MEDITATION 2

Classes begin
February 12, 2018



10 WEEK COURSE • 2 OPTIONS

- Mondays 10:00–11:30 AM
- Mondays 7:00–8:30 PM

- 10 Monday classes: February 12, 19, 26, March 5, 12, 26, April 2, 9, 16, 23, 2018
- Time: 10:00–11:30 A.M. OR 7:00–8:30 P.M. The same class is offered mornings and evenings. Participants can attend either session.
- Instructor: Fr. Joe Mitchell, CP
- Course fee: \$185. However, no one will be refused for lack of funds. Scholarships are available upon request.
- Register using this form or online at www.earthandspiritcenter.org or call 502.452.2749.

✂ **REGISTRATION**

Registration for February 2018 **Meditation 2 – THE WAY OF WISDOM AND INSIGHT**

(check one) Monday mornings Monday evenings

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