

PASSIONIST
EARTH & SPIRIT CENTER

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



THE School OF Meditation

MEDITATION 6

Classes begin
February 15, 2018



10 WEEK COURSE • 2 OPTIONS

- Thursdays 10:00 AM – 12:00 NOON
- Thursdays 6:30 PM – 8:30 PM

Using Meditation to Work with Trauma

This course will teach participants a framework to explore their personal suffering from an integrated model of both Western psychological techniques and Buddhist meditative techniques. You will learn how to skillfully work with the techniques in a meditative context to deepen your meditation practice and lessen your suffering. Classes will involve meditation instruction, lecture, meditation periods and group discussion. Due to the nature of the course, the class size will be no more than 15 people. Participants who are currently working with a therapist need permission from their therapist before registering for the class.

- 10 Thursday classes: February 15, 22, March 1, 8, 15, 29, April 5, 12, 19, 26, 2018
- Time: 10:00 AM – 12:00 NOON OR 6:30 PM – 8:30 PM
- Instructor: Dr. Chris Schrodt, M.D.
- Course fee is on a sliding scale. Pick your fee: \$250, \$300, \$350. Some scholarships are available upon request.
- Register using this form OR call 502.452.2749 OR online at www.earthandspiritcenter.org.

✂ **REGISTRATION**

Registration for February 2018 **Meditation 6 – Using Meditation to Work with Trauma**

(check one) Thursday mornings Thursday evenings

Name _____ Phone (PRIMARY) _____

Address _____ Phone (SECONDARY) _____

City/State/Zip _____

Email _____ Payment (circle one) \$250 \$300 \$350

Please enclose payment 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