

PASSIONIST
EARTH & SPIRIT CENTER

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

THE School OF Meditation



4 WEEK COURSE January 2018 Meditation Course

Classes begin
January 10, 2018



2 OPTIONS

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

MEDITATION FOR DIFFICULT TIMES

This meditation course explores from a Buddhist perspective three major challenges that we all face in this human existence – the experience of aging, sickness, and death.

It is designed to help you navigate difficult times using meditation and offers alternatives for engendering a sense of well-being amidst the strife.

It is a participatory course. The sessions will include meditation practice, didactic input, participant and small group sharing, and experiential exercises.

- Four Wednesday classes – January 10, 17, 24, 31, 2018
- Time: 10:00–11:30 AM OR 7:00–8:30 PM
- Instructor: Glenda Hodges-Cook
- Cost: \$80 for registrations received by December 31. \$100 after January 1. Some scholarships are available upon request.
- Register using this form OR call 502.452.2749 OR online at www.earthandspiritcenter.org.



REGISTRATION

I would like to register for the **MEDITATION FOR DIFFICULT TIMES** course beginning January 10, 2018

(check one) Wednesday mornings 10:00 – 11:30 AM Wednesday evenings 7:00 – 8:30 PM

Name _____ Phone (PRIMARY) _____

Address _____ Phone (SECONDARY) _____

City/State/Zip _____

Email _____ Amount Enclosed \$ _____

Enclose full payment of \$80 for reservations made by December 31, 2017; \$100 after January 1, 2018. See our website for refund policy.
Make check payable to Earth & Spirit Center • MAIL TO: Passionist Earth & Spirit Center • 1924 Newburg Road • Louisville, KY 40205