

# Ascension Meditation for Healing

**When:** Saturday, February 22, 2014, 7:00 – 8:30pm (EST)

**Where:** Subud Centre, 357 Wilmont Avenue (Westboro), Ottawa. If you cannot be with us in person, please meditate at this time wherever you are. You will be linking in consciousness with people all around the world.

**Who:** Anyone wanting to share in a peaceful evening of meditation. All paths welcome.

**How:** RSVP Robert at 613-204-0299 or [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com).

**Cost:** Invited donation of \$10 (or more) to defray facility rental cost.

**Food:** Your contribution of light snacks for the social will be gratefully received.



Please join us for this peaceful evening of meditation for healing. We welcome you to share in the unity of meditation with others and then to socialize over light snacks. Your hosts for the evening will be:

**Jennifer Bernius**, who teaches group, corporate and private classes and workshops in yoga-based meditation and personal development. For information, call 613-721-3787 or email [jenbernius@gmail.com](mailto:jenbernius@gmail.com).

**Rev. Robert Meagher**, who is an Interfaith Minister and leads a ministry initiative in Ottawa called Spiritual Guidance. For more information about Spiritual Guidance, call 613-204-0299, email [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com), or visit [www.servingyourjourney.com](http://www.servingyourjourney.com).