

Meditation Series

- When:** Saturday evenings throughout 2014, 7:00 – 9:00pm
- Where:** Subud Centre, 357 Wilmont Avenue (Westboro), Ottawa
- 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.
- 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.



You are invited to join us for these peaceful evenings of meditation and then socialize over light snacks. Your hosts for these evenings 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.

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, or visit www.servingyourjourney.com.