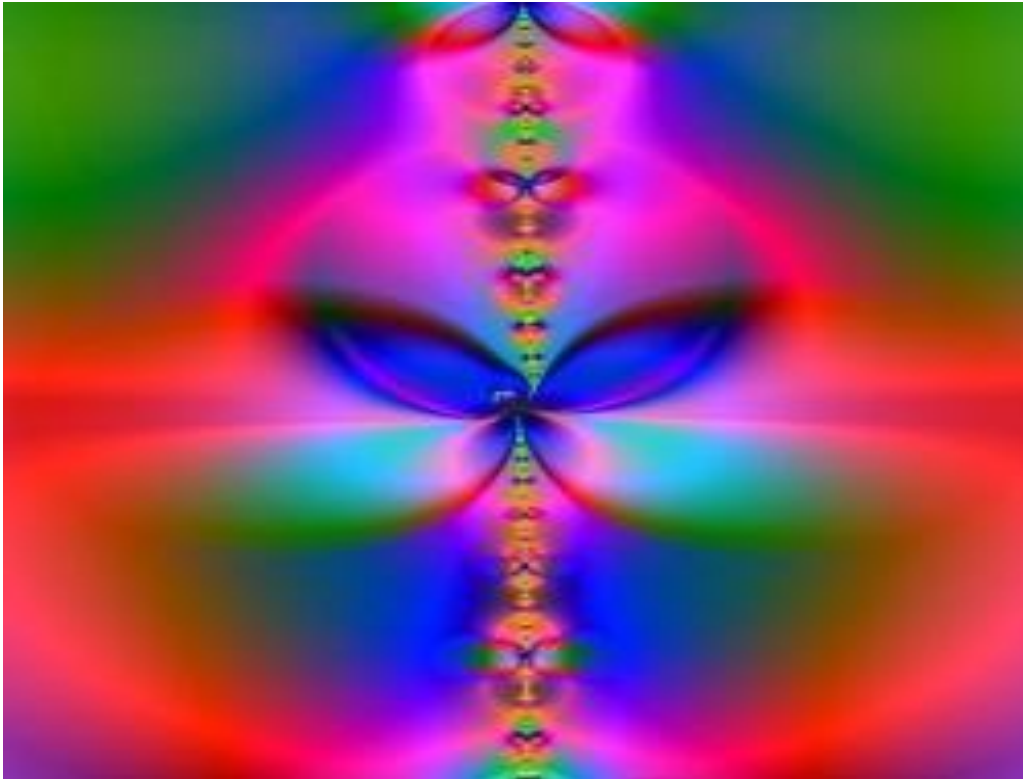


intro to meditation class

with: Jon Howard
every 2nd and 4th Tuesday
of each month @ 6:30 pm
40 W. Church St. Hagerstown, MD



Do you want to learn about meditation?
Do you want to see what everyone has been talking about?

This class is open to anyone. No experience necessary.
A donation of \$5 to \$10 is suggested, though not required.

Introduction to Meditating begins promptly at 6:30 pm.
A 30 minute silent meditation will begin exactly at 7:00 pm.
Due to the nature of a silent meditation, no one can enter between 6:55 pm and 7:30 pm.

Want more info? Contact Jon Howard.

JustMeditating@gmail.com

304 754-6035

** Just interested in the "Silent Sit" part of it? Great! Join us! **