



MEDITATION

With Rev. Pam Sanchez

Come and Meditate with Others!
For Beginners to Advanced Meditators
Some Instruction Given and Questions Answered
Make Your Practice Deeper and More Relaxing
Nurture Your Relationship with Your Deepest Self
Comfortable Setting
Namaste!

Thursdays
6:30 - 8:00 PM in the Meditation Pavilion
Suggested Donation of \$5.00 per Person

For More Information, Please Contact:
Center for Spiritual Living
*1905 Hartnell Avenue * Redding, CA 96002*
221-4849 or visit www.csredding.org