

SUNDAY MORNING MEDITATION



For those who love meditation and want to practice it in a group, the Meditation Pavilion will be open at 8:30 AM for 15 minutes every Sunday morning. These will usually be silent meditations, with an opening passage or thought to take in, then simply sitting and breathing. Donations are appreciated to help support our Pavilion.

**Each Sunday of the Month
8:30 to 8:45 AM in the Meditation Pavilion
Donations Appreciated**

**For More Information, Please Contact:
Center for Spiritual Living, Redding
1905 Hartnell Avenue * Redding, CA 96002
530-221-4849 or visit www.csredding.org**