



*Come sit with us!*

**UNPLUG and RECHARGE**

**Drop-in**

***Mindfulness Meditation***

**Every fourth Saturday 10:20 – 11:30 am**

***Sep 23 - Oct 28 - Nov 25 - Dec 23***

***Jan 27 - Feb 24 - Mar 24 - Apr 28***

**Please bring several cushions, a blanket or  
yoga mat, and socks**

You may also use a chair for sitting

Suggested donation for the building \$2

Meditation on the breath and mindful  
walking in "small chunks" with instruction.  
Beginners are welcome!

Dates & info: [www.westwoodunitarian.ca](http://www.westwoodunitarian.ca)  
(check for May and June dates)

