



Come sit with us!

UNPLUG and RECHARGE

Drop-in

Mindfulness Meditation

Every fourth Saturday 10:20 – 11:30 am

*Nov 24 - Dec 22 - Jan 26 - Feb 23 -
Mar 23 - Apr 27 - May 25 - Jun 22*

Please bring several cushions and a blanket or yoga mat

You may also use a chair

Suggested donation for the building \$2

Westwood is a scent-free space! Please be scent-sible.

www.westwoodunitarian.ca