



LIVING AND
WORKING WELL
WITH JAN COOK

Fall Meditation Classes

The central question for Jan and an amazing community of practice:

How do we feel, breathe, and receive the good news of this precious moment as we build our capacity to benefit a world that needs our love?

Deepening Meditation

One class with Jan or equivalent experience is required

10 Wednesdays | 12 noon-1:30 p.m.
Sept.16, 23, 30 Oct.7,14, 21, 28 Nov.4, 11 ,18

*suggested donation: \$80-\$120**

Classes interchangeable with Ongoing Meditation

Ongoing Meditation

One class with Jan or equivalent experience is required

10 Thursdays | 6:30 - 8 p.m.
Sept.17, 24 Oct.1, 8, 15, 22, 29 Nov.5,12,19

*suggested donation:\$80-\$120***

Classes interchangeable with Deepening Meditation

All classes include downloadable audio files for home practice as well as additional supports.

****** Jan is committed to sharing mindfulness and meditation freely and within the spirit of the gift economy.

No one is turned away for lack of funds and your contributions make a difference.

To register and for detailed information about classes, beginning instruction, and more about Jan, please visit her website.

<https://www.livingandworkingwell.net/>

Or contact

livingandworking.info@gmail.com

Meditating from the Body

Exploration of the foundation of mindfulness in the body within both movement and stillness practices.

Classes and practice sessions will provide instruction for somatic exploration of what we are exploring in Deepening and Ongoing Meditation

8 Saturdays | Introduction 9/19 8:30-10:30

\$20 may be taken as stand alone is required for the following sessions:

Teaching Sessions 10/10, 11/14, 12/12 | 8:30-10 AND

Practice Sessions 9/26, 10/24, 11/21, 12/19 8:30-9:15

*Sliding scale \$80-\$120**

“This is the first, the wildest and the wisest thing I know: that the soul exists and is built entirely out of attentiveness.” – Mary Oliver