



Meditation & Body Mind Centering® with Jan Cook

Beginning Meditation and Body-Mind Centering®

For those new to mediation or returning to practice with beginner's mind.

Learn and practice in community with others to integrate a routine into your everyday life.

- Cultivate Resilience, Renewal, Clarity and Encouragement for your personal and our collective challenges.
- Experience a more liberated, compassionate relationship with yourself, for a world that needs our love.
- Transform your relationship with your body as a partner.
- Be free from stressful thoughts and feelings both on and off the cushion.

8 Thursdays(Hybrid possible) noon-1:15pm

March 9, 16, 23, 30

April 6, 13, 20, 27

Cost: Dana based **[REGISTER](#)

All classes held at First Unitarian Church 220 Winton Road S. 14610

All Classes are hybrid If weather does not permit attending in person.

Audio files /study books and materials for home practice will be included.

** Jan is committed to sharing mindfulness and meditation freely and within the spirit of the gift economy. A portion of the offering from you goes to the Unitarian Church.

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

Ongoing Meditation

For non-sectarian Buddhist Practice and Application (at least one class with Jan or the equivalent is required)

Ground, Path, And Fruition : A traditional framework to explore:

- A deep, tangible relationship with Refuge/ Ground
- Transform the energies of fear, doubt, and confusion
- A more compassionate relationship with your body as a partner
- Continued guidance in Tonglen, Lojong, and Open Awareness practices
- Settling into the routine that best supports your path in the coming months

10 Wednesdays 6:30-8pm

March 8, 15, 22, 29

April 5, 12, 19, 26

Cost: Dana based **[REGISTER](#)