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

Beginning Meditation and Body-Mind Centering®
For those new to meditation 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.