



Ways to meditate are limited only by one's imagination!



for participants to develop and advance their own life practice. Also, if desired, those completing the course may be interested in joining our vibrant "Meditation Hour" program (ongoing since 2019). Sharing practice in an informal community has a bonding and supportive quality greatly beneficial to advancing each individual's meditation mastery.

No prior experience is necessary or expected. As an introductory course series, **Meditation Basics** is open to all with a genuine interest in exploring the subject in a safe, welcoming and nurturing environment.



TO PAY FOR THE SERIES and BOOK YOUR SPACE ONLINE

www.openspacesyoga.com
or call 928-940-0996

Series Tuition: \$78 or ..OSYC Class Cards
Questions please contact Ken
krhosie1@gmail.com

Fridays • 4:30-5:30pm

February 3, 10, 17, 24 & March 3, 10

on Zoom and/or at OSYC

Meditation is practiced around the world in a variety of settings: religious, spiritual, esoteric, mystical, in retreat, etc. In short, meditation in our world is ages old, ancient in fact, and "nothing new" ... except, perhaps, in modern western cultures where meditation has gained little attention or support.

Meditation Basics, a six-session series, is designed to provide students with a variety of standard, established, and easy-to-learn practices. Our exploration will be practical, informative, engaging and, most importantly, personally illuminating.

The series will provide a solid foundation

~ continued on back ~

