



Introduction to Meditation

- I've never meditated.
- I used to meditate and would like to start again.
- I've tried but can't get the hang of it.
- I'd like to improve my practice.

Set aside the cares of the world for a short time and join Celia Young for a program focusing on the basics of meditation: mindfulness and breathing.

7:30 p.m.–9:00 p.m.
June 13, 2007

Unitarian Universalist Church of Rockville
100 Welsh Park Drive
Rockville MD 20850
301-762-7666

More information and directions at www.uucr.org