



Join us for a

BEGINNING MEDITATION CLASS

Six Tuesday
evenings starting
January 24th
from 7 PM to 9 PM

Clifton Unitarian Church,
2231 Payne Street

Classes will involve instruction in
insight meditation practice and
underlying basic Buddhist principles.

Open to those of any (or no) religious affiliation.

We will begin with very short sitting periods, and no sit will last longer than 30 minutes.

Fee for series is \$50-70 according to ability to pay.

Space limited so register soon!

To register, or for more information, please email louisville.vipassana@gmail.com

Sponsored by the Louisville Vipassana Community.
www.louisville-vipassana-community.org

Glenda Hodges-Cook has 35 years of meditation experience
and completed the Community Dharma Leader Program at
Spirit Rock Meditation Center in Woodacre, California.