

Find your way into stillness...

Exploration of Different Methods of Meditation

A six-session meditation series

DATES:	Mondays — Jan 4, 11, 25 & Feb 1, 8, 15, 2027
TIME:	6:00 pm – 6:40 pm US Pacific
WHERE:	Zoom
COST:	$5 per class

Each week we'll explore a different path into meditation, from breath awareness and body scanning to guided visualization, mantra, and heart-centered practice. Together we'll discover which approaches resonate most with you, building a gentle, sustainable practice that brings more calm, clarity, and presence into everyday life.
All levels are welcome, no experience needed.



To sign up or for more info, please text, call or email Courtney Connolly: Kehbet@gmail.com (831) 234-1367

Courtney is a Pathwork Apprentice Helper in the Santa Cruz, CA area. She offers Pathwork lecture study classes, presentations, workshops, and individual sessions.

https://www pathworkcalifornia.org