



Simplicity

Meditation for Everyone

Meditation has been practiced for millennia, and is a way for the mind to begin to know itself. This knowing moves us towards freedom, self-acceptance, kindness and compassion.

Our hearts become more open.
We move towards happiness.

Please join us Tuesday evenings
Beginning September 10
from 7-8PM at The Bennington Free Library
in the conference room.
\$1 contribution requested.

Beginning and experienced meditators are welcome.
Chairs will be available. If you wish to sit on a cushion,
please bring one.

Sessions will be facilitated by:
Randy Anselmo – Mindfulness Meditation
Maggie Bernstein – Mindfulness Meditation/Tibetan Buddhist
John Hearst – Vipassana or Insight Meditation
Natasha Judson—Mantra based Meditation
Eve Pearce – Zen tradition
Jane Schaeffer – Mindfulness Meditation