

THE GIFT OF BEING

A MORNING MINDFULNESS RETREAT

Explore the ever-changing nature of being alive during silent sitting, walking and eating meditations.

New to mindfulness or have a long history of practice? Wherever you find yourself, you are invited to plant seeds of kind awareness into your day-to-day experiences with mindfulness educators Ann D'Angelo and Johanna Brandvik.

SATURDAY, APRIL 25, 2015
9 AM - 12 NOON

NEIGHBORHOOD UNITARIAN UNIVERSALIST CHURCH
301 NORTH ORANGE GROVE BOULEVARD, ROOM 21
PASADENA, CA 91103

Wear comfortable clothing.
Chairs and limited cushions provided.
Please bring your own cushion and blanket if you wish.

\$75, includes a light spread of fresh food and drinks.

Space is limited.
Please reserve by emailing: ann.dangelo@mindspring.com
626.840.0045

www.bemindfulbreathe.com