

BEGINNING A MEDITATION PRACTICE



Thursday, February 23, 1-4PM

What is *Insight* meditation? How do I begin a meditation practice? Where should I meditate? How long should I sit? What's the best posture? What should I focus on during meditation? What mindset should I bring to practice? If you are new to meditation, you probably have questions like these. Even if you have been meditating for a while, you may wonder at times if you are on the right track. Join this class to get the nuts and bolts of *Insight* meditation and discover ways to start and sustain a formal and informal practice.

Location: 200 North Sharon Amity Road, Charlotte
\$15 Suggested Fee + Leader Dana
Leader: Ruth King

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insightmeditationcharlotte.org

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