

Anam Cara Wellness Services

311 Maple Ave. West — Suite K
Vienna, VA 22180

Once-monthly Meditation Hour

First Sunday of every month*—10:30 to 11:30 AM

Facilitated by Marybeth Spain

Both chair and floor seating available

Upcoming Gatherings: Nov. 3, Dec. 8*, 2019

**2020 dates: Jan. 5, Feb. 2, Mar. 1, Apr. 5, May 3, June 7,
July 5, Aug. 2, Sept. 6, Oct. 4, Nov. 1, Dec. 6, 2020**

*** Please note that this December we'll meet on the second
Sunday, Dec. 8th.**

**** Please come fragrance-free since some of our
meditators have fragrance sensitivities, and perfumes, colognes, etc. can make
breathing difficult. Thank you!**



Crimson & Sky



Meditating in a group helps maintain focus and creates a synergy that expands and deepens the power of the meditation. By sustaining a regular monthly meditation hour we can support one another in deepening our meditation practice and enhance our experience of inner peace and connection. This, in turn, will send ripples of peace and balance into our larger world.

All are welcome, from beginners to experienced meditators. Because of space limitations, please let me know if possible by 10:00 that morning if you're planning to attend. After 10:00, I won't be checking e-mail, but you can reach me by calling or texting my cell phone (703) 298-2692.

There is no charge for the sessions, but if you wish to leave an offering to help defray any costs (which should be minimal), please feel free to do so.



**Questions and information: Contact Marybeth by e-mail at mlsrelax@verizon.net
or by phone at (703) 298-2692.**

Thank you - Hope to see you there!