

Introductory Meditation Daylong

with Paul Irving and Pawan Bareja, Ph.D.

October 3rd, 2015; 10am till 5 pm

San Francisco Insight, 1187 Franklin St. (between Geary & O'Farrell)

This daylong is part of the 5 week Introductory Meditation class series. Only students registered in the 5-week class series are invited to attend this daylong. This will be a day of practice of the basic meditation taught during the class series. People of all ethnic backgrounds, sexual orientations, and gender identities are welcome.

Venue:	Unitarian Universalist Church
Address:	1187 Franklin St., San Francisco CA
Date:	Sunday – Oct 3rd, 2015; 10am - 5pm
Fees:	Part of the 5 week class series
Registration:	Part of the 5 week class series
Scholarship:	Nobody is turned away. Please call 415-994-5951.
CE Credits:	Not available.