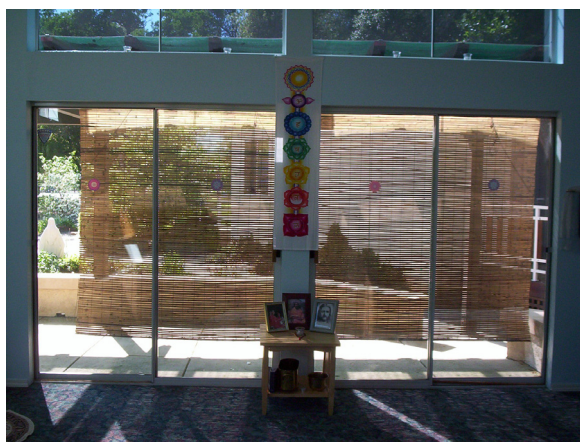
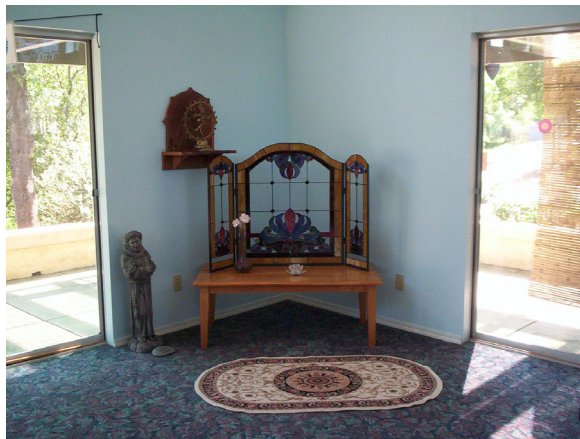


CENTER FOR SPIRITUAL LIVING, REDDING MEDITATION PAVILION SCHEDULE*



SUNDAY

8:30 – 9:45 AM: Open for meditation ~
no facilitator.

MONDAY – THURSDAY

9:30 AM – 4:30 PM: Open for meditation.
A key is available at the Center office if you
would like to meditate or simply sit in the stillness
during non-scheduled meditation periods.

MONDAY

5:30 – 6:45 PM: Hatha Yoga ~ Facilitated by
Rev. Sue MillerBorn (in the Sanctuary).
Call 221-7350 for information.

TUESDAY

9:00 – 10:15 AM: Hatha Yoga ~ Donna Jackson
(in the Sanctuary).
Call 921-6396 for information.
7:00 – 8:30 PM: Introduction to Meditation ~
Facilitated by Rev. Pam Sanchez and/or Tienne
Beaulieu (meets the 1st Tuesday of each month)

WEDNESDAY

9:00 – 10:15 AM: Hatha Yoga ~ Facilitated by
T. Marie (in the Sanctuary).
Call 241-5065 for information.
5:30 – 6:45 PM: Hatha Yoga ~ Facilitated by
Rev. Sue MillerBorn (in the Sanctuary).
Call 221-7350 for information.
6:30 – 8:30 PM: River Oak Sangha Mindfulness
Meditation Group. Call Alexa Singer-Telles at
246-8317 for information.

For more information or to schedule programs, contact Rev. Pam Sanchez at 275-5280 or
Tienne Beaulieu at 243-1191. The Meditation Pavilion is supported by your offerings.

*Not available on holidays.