

A mantra is a sound formula that, when translated, means “That which makes the mind steady.” Chanting is one of the best known and simplest methods of meditation.



Spiritual mind treatment is a form of affirmative prayer taught by Religious Science. Treatment clears the thought of negation, and causes one to perceive the ever-presence of God.



Contemplation or Prayerful Meditation involves reading a sacred verse or prayer out loud and then silently contemplating it as a form of meditation. The Prayer of Saint Francis or The Loving Kindness Meditation are examples of verse used in meditation.



Walking meditation is meditation while walking. Walking slowly, in a relaxed way, induces a deep feeling of ease and a sense of connection. Breathing consciously with each step focuses the mind and relaxes the body.

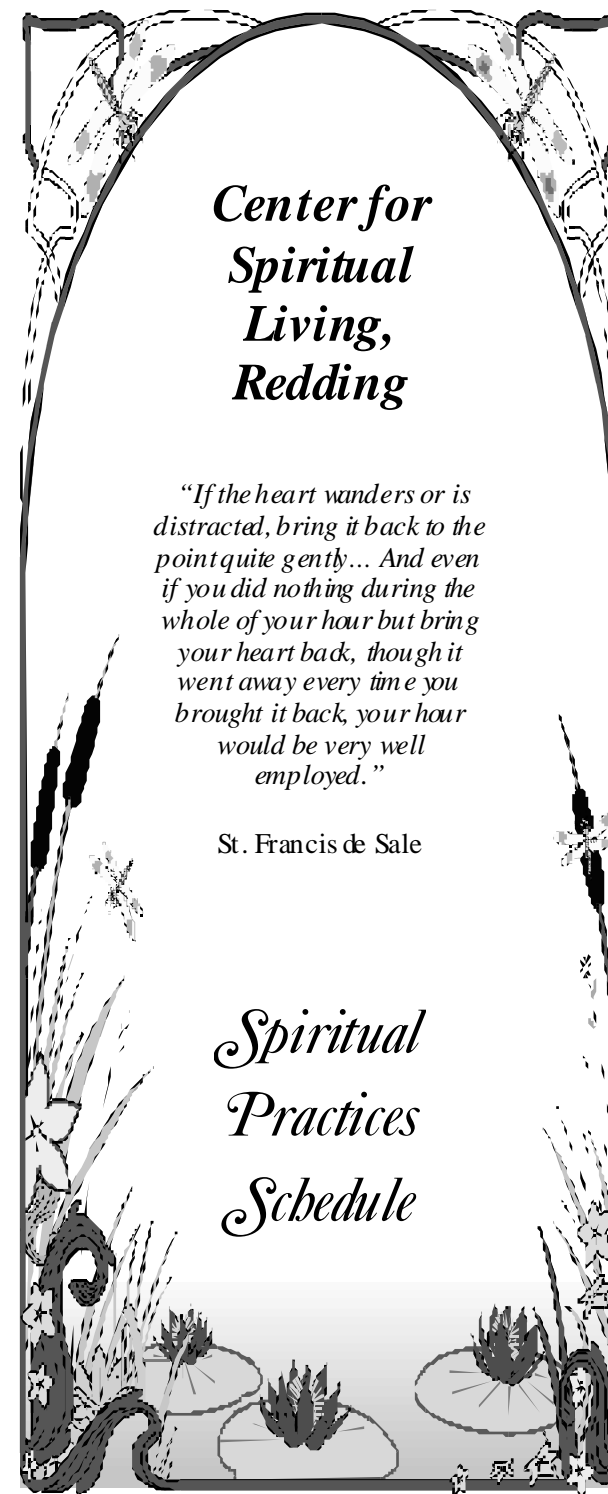
Center for Spiritual Living, Redding
1905 Hartnell Avenue * Redding, CA 96002
P: 530-221-4849 * F: 530-221-4849
E-Mail: office@cslredding.org
Website: www.cslredding.org

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“If the heart wanders or is distracted, bring it back to the point quite gently... And even if you did nothing during the whole of your hour but bring your heart back, though it went away every time you brought it back, your hour would be very well employed.”

St. Francis de Sale

Spiritual Practices Schedule



Spiritual Practices Schedule

The Center for Spiritual Living Redding offers many opportunities for group meditation practice. Sessions are led by a meditation facilitator who may open the meditation with chanting or a contemplative reading and end with a spiritual mind treatment. Our facilitators are experienced meditators who bring their own style to the practice. Among the offerings are:

- Hatha Yoga (Postures)
- Yoga Plus (Asana)
- Tai Chi Easy™
- Mindfulness Meditation
- Raja Yoga (Meditation)
- Meditation Classes
- Walking Meditation (Labyrinth)

If you have any questions about meditation, the facilitator would be happy to speak to you at the end of the meditation session.

In addition to the meditations lead by our meditation facilitators, we welcome other community meditation groups to our Meditation Pavilion for Spiritual Practices. For more information on these meditations, please feel free to speak to the contact people listed.

In addition to our regular practice schedule, the Center offers classes, meditation experiences, and retreats for those who would like to learn more about meditation and other spiritual practices.

SUNDAY

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

MONDAY - THURSDAY

9:30 AM – 2:30 PM: Open 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 ~ The Yoga of Postures, facilitated by Rev. Sue MillerBorn. This is an affiliated group that takes place in the Sanctuary. Cost is \$5 per person. Please contact Rev. Sue MillerBorn at 221-7350 for more information.

TUESDAY

8:00 – 9:30 AM: Yoga Plus ~ Asana as a Spiritual Practice, facilitated by Te Marie in the Sanctuary. Suggested donation is \$5 per person. Please contact Te Marie at 241-5065 for more information.

5:30 – 6:30 PM: Tai Chi Easy™ ~ Facilitated by Rev. Sharon Kennedy in the Sanctuary. Suggested donation is \$5 per person. Please contact Rev. Sharon Kennedy at 222-0609 for more information.

WEDNESDAY

5:30 – 6:45 PM: Hatha Yoga ~ The Yoga of Postures, facilitated by Rev. Sue MillerBorn. This is an affiliated group that takes place in the Sanctuary. Cost is \$5 per person. Please contact Rev. Sue MillerBorn at 221-7350 for more information.

6:30 – 8:30 PM: River Oak Sangha Mindfulness Meditation Group. This is an outside group. Please contact Alexa Singer-Telles at 246-8317 for more information.

THURSDAY

8:00 – 9:30 AM: Raja Yoga ~ The Yoga of Meditation, facilitated by Tienne Beaulieu each Monday. Suggested donation of \$5 per person. Please contact Tienne Beaulieu at 243-1191 for more information.

6:30 – 8:00 PM: Meditation Classes ~ Facilitated by Rev. Pam Sanchez each Thursday. Suggested donation of \$5 per person. Please contact Rev. Pam Sanchez at 275-5280 for more information.

***There will be no formal meditations on Holidays.
Call to see if any classes are on hiatus during the Summer.***

For more information or to schedule programs, please contact Rev. Pam Sanchez at 530-275-5280 or Tienne Beaulieu at 243-1191.

Meditation is the natural stilling of the mind through turning our attention away from our day to day thoughts and letting our attention become drawn back to our own spiritual essence.