

MONDAY NIGHT CLASS WITH KAY CRISTA

PLEASE JOIN US
FOR ONE, TWO, OR ALL THREE
OF THE EVENING'S SESSIONS

6:30 - 7 pm Guided meditation
7:15 - 7:45 Poetry & Silence
8:00 - 8:30 Silent Sitting

Session Descriptions:

Guided Meditation - Weekly teaching to help establish or deepen your meditation practice.

Poetry & Silence - Participants are invited to read or recite a poem in the ecstatic tradition - words expressing the soul's longing, the heart's journey, the resilience of the human spirit. In the spirit of Rumi, Hafiz, Kabir, Mary Oliver, David Whyte, etc. Each poem followed by silence - like a pebble dropped into still water.

Silent Sitting: We will close the evening with the shared depth of silence and stillness in group meditation - and depart in silence.

ONGOING MONDAYS - BEGINNING AUGUST 17TH
DROP IN ATTENDANCE BY DONATION

"... in an age of constant movement, nothing is so urgent as sitting still." Pico Iyer

Held at Eomega Quest: 7327 Occidental Rd, Sebastopol
www.eomegaquest.com

For more information: radiance@sonic.net or Kay @ 707-280-9992

