



MINDFUL PATH MEDITATION

Intro to Mindful Meditation Workshop with Jeanne Townsend

Sunday, April 13, 2014 1:00pm until 2:30pm

Private residence in Palms/Culver City, CA (90034) ---

RESERVATIONS A MUST! Please email: rsvp@paniolo productions.com

1) your name, 2) which event(s) you would like to attend, 3) # of people in your party

Paniolo Productions presents In Good Company Concert & Workshop Series!

Mindfulness is about having more awareness in the present moment and about being less in the past and in the future. The meditation techniques you will learn in class will help you to develop skills in concentration, equanimity and clarity -- resulting in reduced stress, more happiness, self-knowledge, and a more balanced relationship between your thoughts, emotions, mind and body. This class is appropriate for beginners new to meditation and for experienced meditators who wish to deepen their practice.

Jeanne Townsend started her meditation journey over 30 years ago, and has over 10 years of training in Mindful Meditation under the guidance of teacher Shinzen Young. Jeanne has taught meditation in many settings including Glendale City College and Vipassana Support International.

If this introduction class sparks your curiosity further or you want to revitalize an existing meditation practice, Jeanne will be offering a six week course starting late April.

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\$15 donation per person

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