

Silent Meditation for the Community

Starting Sun, January 8, 2012

10am – 11am

Come & take some time for silence & self care to connect with yourself. Give yourself this time to distress, & ground yourself for the upcoming week.

The Grand Traverse Circuit , 225 W Fourteenth ST will open it's doors on Sundays to the community to come enjoy an hour of silent meditation.

Doors will Open at 9:45 am

Doors will Close at 10:15am through 11:15 am

Please bring whatever you need to feel comfortable & relaxed.

(Ex: yoga mat, blanket, pillow, comfortable clothing).

Authentic Movement with Kelly Forrester, MS, LLPC will begin 11:30 am

www.grandtraversecircuit.com