

**Let's Not Call It Meditation**  
*An Introduction to Awareness Meditation*

For centuries, meditation has been used to relieve stress in every day life. If you are curious about meditation, and haven't yet tried it, join Padme Livingstone, author, healer, and experienced meditation teacher for this informative, nondenominational, and experiential three-hour workshop.

Do you often lose patience with people you love?

Do you get upset when other people judge you?

Do you notice blaming yourself habitually?

Discover a fresh,

loving perspective about your humanness

and

clear up your questions and confusion

about meditation with helpful information and

direct experience!



First Saturday of each month

9am-12noon

Fee: \$30

Location: 472 Harrogate Drive 14625

Please preregister: [padme@healingwithawareness.com](mailto:padme@healingwithawareness.com) 585-234-0800