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 Let's Not Call It Meditation
 from
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Winter/Spring 2010 Schedule

Introductory Class Schedule (Let's Not Call It Meditation)*

Webster Parks and Recreation

Thursday, January 21st, 2010

Fee: \$20

Thursday, February 11th

Registration: (585) 872-7100

Thursday, April 1st

7-9pm

Location: 985 Ebner Drive, Webster, NY 14580

Awareness meditation reduces stress because it's a direct way to practice being honest, gentle, and kind with ourselves. If you are curious about being more honest, gentle, and kind with yourself, join Padme Nina Livingstone for this informative and experiential class.

***Private introduction to meditation by appointment.**

Meditation for Peaceful Living**

At Padme's home in Penfield

Tuesday, ongoing at 10-11:30am, Tuesday, ongoing at 7:30-9pm and Wednesday, ongoing at 7:30-9pm

Prerequisite: an Introductory class or private meeting with Padme

Fee: \$75 for 8 weeks or \$10/class

Sitting quietly, breathing, feeling our body connected with the seat, we experience the moment as it is. Gently, we learn to let our thoughts pass through the mind without judging them, fighting them, or getting caught up in them. Making a personal commitment to an 8-week session gives you the direct experience of finding out for yourself that meditation helps on many

Webster Parks and Recreation Meditation for Peaceful Living Series Schedule

Winter Session (5 classes) : Thursday evenings Feb. 25th- March 25th @ 7- 8:30pm

Spring Session (5 classes): Thursday evenings April 25th- May 13th @ 7- 8:30pm

Location: 985 Ebner Drive, Webster, NY 14580

5-Class Fee: \$36

Prerequisite: Previous class or private meeting with Padme

Registration: (585) 872-7100

Loving Presence Guidance

Private Meetings for Exploring Our Journey

Prerequisite: Curiosity and a longing for more clarity, balance, and joy

Location: Padme's home in Penfield* and on the telephone

Flexible, reasonable fees for 1/2 hour: \$20-\$40 & 50-minute session: \$40-\$75.

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Padme Nina Livingstone

*Contact Padme for directions.

** Pre-registration by phone or email requested.

