

Mindfulness Meditation Retreat

- *Take pause for some self-care.*
- *Break away from daily routines.*
- *Reinvigorate your practice.*
- *Beginners welcome.*

Saturday, February 8
8:30 AM – 6:00 PM



This silent retreat led by meditation teacher, Surja Tjahaja, includes:

- a review of meditation methods
- an opportunity for one-on-one guidance
- a closing inspirational talk

Place: Adult Community Center • 1180 Rosemont Road • West Linn

Cost: \$35 for residents, \$45 for non-residents

Register: Call West Linn Parks and Recreation at (503) 557-4700 or visit westlinnoregon.gov/parksrec

