

Mindfulness Meditation Retreat

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

Saturday, February 11
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: Sunset Fire Hall, 2215 Long St, West Linn

Cost: \$25 for residents, \$30 for non-residents

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



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