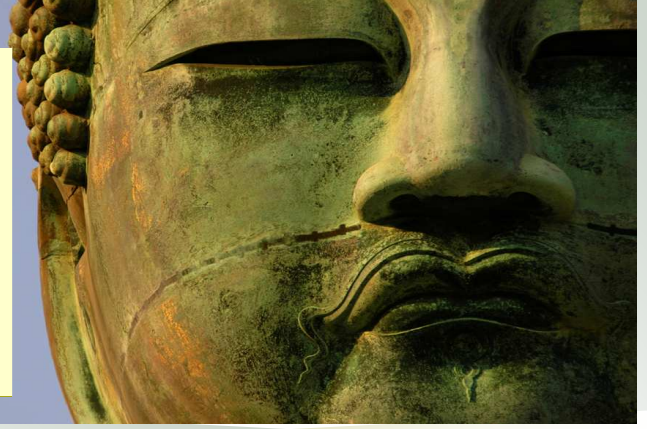


Śānti Yoga of West Boxford presents:

# Beginner Meditation Practice Series



This 4 week series is designed  
to enable beginners to *actually* begin.

**And the only way to begin is this:**  
***Ass in seat!***

Over the four weeks of this series, we will address  
and practice the following awarenesses:

*Breath*

*Body*

*Feelings*

*Working with the Hindrances*

Each session will be comprised of instruction, practice periods  
(one guided, one silent), and discussion. Series designed for beginners,  
but helpful for practitioners of all levels. Practicing with a group,  
within a community (a *sangha*) is essential to our progress,  
and is particularly beneficial for beginners.

Thursdays, 5:30 to app. 6:30, May 6th through 27th.  
Series of four, \$50. Drop-in, if space permits, \$15.

Must pre-register. Deadline for series registration and payment May 4th.  
Minimum of 6. Chairs as well as cushions, and handouts, provided.  
Call or email day ahead to enquire about drop-in