

Renew, Review or Refresh Your Meditation Practice With Molly Swan Autumn, 2010, in Guelph

In its fourth year, this 5-week course offers support and guidance to reconnect with the teachings in a dynamic way, grounded in the direct experience of the Insight Meditation sitting practice. It is suitable for meditators with an on-going practice as well as those whose practice has lapsed.

We will meet for five sessions with time for sitting together, instruction and discussion. Please come with the intention to attend the full course and to practice at home between classes.

Time & Dates:

Tuesdays at 4:00 – 6:00pm.

October 12,19,26, & November 2,9, 2010.

Cost:

Sliding scale of \$100 - \$150 for the series.

If this cost would be a hardship, please inquire about other forms of exchange.

To Inquire & to Register:

Please contact Molly Swan by email or phone with a short note about your meditation background & your name, email address & phone number. Advance registration & payment is required.

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Molly Swan has been engaging in spiritual inquiry and meditation practice since the 1980's and has been teaching retreats since 1997. She is home and garden-based in Guelph. For more details, please access Molly's website www.insightmeditationretreats.ca