



PHINNEY
YOGA
HOUSE

Monthly Community Meditation

1st Sundays ~ 7-9pm

Fostering community & mindfulness within our community.

All faiths and ages welcome.

FREE

details on reverse

Monthly Community Meditation

When: 7-9pm monthly 1st*Sunday (*some exceptions, see dates below)
Please arrive and settle by 10 minutes to 7.

What: 2 periods sitting meditation separated by
1 period of walking meditation followed by
Informal social time

What to bring: Dress comfortably (warmly in winter months)
You are welcome to bring a sitting cushion
Cushions and blankets are available

Where: The Phinney Yoga House 6615 Dayton Ave N

2010 Community Meditation Dates

January 10 • February 7 • March 6 • April 4 • May 2 • June 6
July 4 • August 1 • Sept TBD • October 3 • November 7 • December 5

This monthly meditation is organized and hosted by Amy Darling, a licensed acupuncturist who has been practicing Zen Buddhism since 1996. Although Amy's background is within the Buddhist tradition, she has facilitated meditation in diverse group settings including for hospice clinicians and prison inmates, for professional caregivers and her own patients.

This meditation is open to everyone with the intention of
fostering community & mindfulness within our community.

No previous meditation experience necessary.

Questions - Contact Amy Darling
206.920.9929 amyjac@amycdarling.com

Sponsored by Phinney Ridge Yoga

FREE