



MEDITATION

MONDAYS

12:30 ~ 1PM

Medical Dental Building
509 Olive Way
Winter Garden 3rd Floor
Conference Room

- Free. All are welcome.
- Basic instructions provided.
- No experience necessary.
- Meditation done in chairs.

This secular meditation is hosted by Amy Darling, a licensed acupuncturist in the building who has been practicing Zen Buddhism since 1996. Amy has facilitated meditation in diverse group settings: with hospice clinicians and prison inmates, in schools, businesses, for professional caregivers and her own patients.

Questions about meditation's physical & mental health benefits?

Contact Amy Darling • 206.920.9929 • www.amydarling.com