

# 2018 Meditation Events with Amy



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## WEEKLY MEDITATION

Every Monday 12:30-1pm

Freely offered. Come anytime.  
Winter Garden Conference Room

## MEDITATION RETREATS ~ Sundays 9:30am-4:30pm

January 21<sup>st</sup> • March 25<sup>th</sup> • May 13<sup>th</sup> • October 7<sup>th</sup> • November 4<sup>th</sup>

### Retreat Days include:

- Instructions and support appropriate to participants.
- Alternating sitting and walking meditation. Sitting periods 25 minutes, walking 10 minutes.
- Simple, gentle movement bringing ease to the body.
- A short talk to support and direct intention and effort.
- Lunch shared in silence (BYO sack lunch)
- Late afternoon tea and treats (provided).

I offer the weekly meditation on Mondays at no cost. I request donations for retreats. I do not set a fixed price so they are accessible to all. Historically individual donations have ranged from \$20-\$150. Registration Required.

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### Amy C. Darling, LAc, MAcOM

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For more information about Amy's training see About on her website.  
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