



A six week LEARNING
CIRCLE

Mindfulness Meditation
in the
INSIGHT TRADITION



KATE DAVIES

Topics will include:

Jan 10 – Intentions: Realizing Your Deepest
Desires

Jan 17 – Living from Integrity

Jan 24 – Striving Mind and Wise Effort

Jan 31 – Thoughts and How to Work With Them

Feb 7 – The Heart of Love

Feb 21 – The Joy of Renunciation

Come to one session or all six.
New and experienced meditators are welcome.

HEALING CIRCLES LANGLEY
534 CAMANO AVE, LANGLEY
www.healingcircleslangley.org

Thursdays
5:00-6:30

LEARNING

CIRCLES