CLASS: **Learn to Meditate**

This two-hour instructional meditation class will focus on sitting practice, walking meditation instruction, and posture.

**Thursday, August 29th**  
2:15-4:15pm  
Room A110, Shalom Park  
M/$15  NM/$20

Sign up for this single class OR option to include our bi-monthly MEDITATION PRACTICE SERIES.

Must register for the series prior to the class to have it included. *(see right for details)*

SERIES: **Meditation Practice**

Regular meditation, practiced as often as possible, yields beneficial results and leads to a more insightful life experience. Consider signing up for these one-hour Meditation Practice sessions offered twice per month through December.

1 Hour Practice Session format:  
Intro (15 min); Silence (30 min); Discussion (15 min)

2 Thursdays per month  
2:15-3:15pm • LJCC Upstairs Studio  
• September 5 & 19  
• October 17 & 31  
• November 7 & 21  
• December 5 & 19

M/$100  B/$80  NM/$120  
Price includes the Meditation Class on August 29th

With **Mary Thia Powers, E-RYT 500**

Since 1999, Mary Thia Powers has practiced and studied Vipassana or Insight Meditation. She is an active member of Insight Meditation Community of Charlotte (imcccharlotte.org) where she currently sits on the Board, participates in the Dhamma Leader Training Program, and serves as chair of the Public Relations committee. Thia believes that understanding the Self through meditation is one of the most effective ways to bring clarity and heart fullness to the self, to our community and to our globe.

REGISTER WITH LJCC CUSTOMER SERVICE 704-366-5007

Questions? jenny.crow@charlottejcc.org