

SOUNDBATH

MEDITATION & MEETING

17 AUGUST
2024

Join us for an immersive afternoon of meditation, sound healing and fellowship

3rd
saturday,
monthly

what to bring:

yoga mat, pillow, blanket,
or whatever you like for
meditating

eye masks encouraged



Water and hot tea provided!

\$10 suggested
donation
no one turned
away for lack of
funds



aamarin.org



DOORS OPEN AT 1130AM; MEDITATION BEGINS AT NOON

1ST PRESBYTERIAN CHURCH, 72 KENSINGTON RD., SAN ANSELMO