

SOUNDBATH

MEDITATION & MEETING

14 SEPT
2024

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

2nd
Saturday,
Sept. ONLY

what to bring:

yoga mat, pillow, blanket, or
whatever you like for
meditating
eye masks encouraged

***** please note: September
date moved to 2nd
Saturday of the Month. We
will resume regular
scheduling in October**

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