

Breath by Breath



This monthly meditation group will explore how mindfulness practice can enhance our everyday experience of life. Mindfulness is the art of quieting the mind and living in the present moment by gently cultivating inner stillness, attention, and compassion for

oneself and others. Our gatherings will provide an opportunity for sitting and walking meditation in the tradition of Thich Nhat Hanh, Eckhart Tolle, and Jon Kabat Zinn along with discussion on mindful living. This time of shared contemplative practice can enhance one's experience of life no matter one's religious backgrounds. People from all religious traditions or no religious tradition are warmly welcomed. Co-sponsored by the Holy Family Retreat Center and The Spiritual Life Center.

Facilitators:

Ellen Graham and Brandon Nappi

When:

Third Monday of Every Month
1/16/12, 2/20/12, 3/19/12, 4/16/12, 5/21/12
12:00 pm – 1:00 pm*

* If you have not attended previously, please arrive at 11:45 for some helpful hints to better your meditation experience.

Where:

Spiritual Life Center
Anam Cara Room
303 Tunxis Road
West Hartford, Connecticut

Offering: Your time and energy



HOLY FAMILY
PASSIONIST
RETREAT CENTER

PROGRAM REGISTRATION

Program: Breath by Breath
Date: Third Monday of the Month
Time: 12 pm—1:00 pm
Location: Spiritual Life Center

Name: _____

Month planning to Attend: _____

Phone: _____

Address: _____

Email: _____

Do you wish to receive Spiritual Life Center mailings? *(please circle one)*

Yes, by Email. No, Thank You.

Do you wish to receive Holy Family Retreat Center mailings? *(please circle one)*

Yes, by Email. No, Thank You.

Please return this registration form to the Spiritual Life Center, Inc. 303 Tunxis Road, West Hartford, CT 06107 or call the office at (860) 243-2374, or email the office at programs@spiritlifectr.org to hold your place in the program. Thank you.