

KARUNA COMMUNITY MEDITATION AND
JENNA'S PROMISE PRESENT

Lovingkindness and Freedom Meditation Series

A five-week course from
June 26-July 24, every Monday
from 4:30-5:50 PM

In this course, students will learn meditation practices that help open the heart and liberate the mind. Student will learn to cultivate lovingkindness (metta) for the self and others, and to develop a gratitude practice.

Experienced meditators and complete beginners welcome.

This course is facilitated by Molly Zapp, M.A., Certified Mindfulness Meditation Teacher, and is offered for free to all community members. **Pre-registration by June 24 is required. Scan this QR code to register**, or email mollyzapp@live.com with any questions.

**Meeting @ Jenna's House
Community Center**

117 St. Johns Road, Johnson

