

MEDITATION

with Terri Cotts



Dharma Talks and Guided Meditation with Terri Cotts

November 6 to December 11, 2017
Mondays, 7:00-8:15 p.m.

\$70 for 6-week session; Drop-ins, \$13

Topics:

- Bringing Awareness to Relationships
- Loving What Is — Nothing left out
- Navigating Difficult Times
- The Power of Intention
- Transforming Darkness
- Tending Yourself, Tending to the World

Introduction to Meditation
September 25-October 23, 2017
Mondays, 7:00-8:15 pm

\$60 (*5 week course. Students who have taken a meditation class with Terri, half price: \$30.00*)

In this course you will learn the basics of mindfulness meditation:

- *How to sit comfortably*
- *How to quiet your mind*
- *How to be more present in your daily life*
- *How to practice sitting, walking, and loving kindness meditation.*



*Classes held at Many Waters Wellness Center,
820 Sprague, Walla Walla, WA
Send Registration checks to Terri Cotts, 326 Newell St.,
Walla Walla, WA. 99362*

For more information, please visit: www.terricotts.com