



**Live
with
Purpose**

Walking Meditation Workshop

Come join us at J Living on 10 acres of sanctioned land on
Saturday June 9th, starting at 2 PM

Beginning in the yogazebo, we will start with a calm yoga
practice followed by a discussion about the art of living
meditation.

The we will take our knowledge beneath our feet and walk
down the guided J Living peace path in a walking meditation.
We'll end with a brief seated Metta meditation on kindness in
the yogazebo. Followed by a light snack and beverage; both
provided.

J-Living.com

7355 Hall Rd. (Just off Andersonville Rd.)

Davisburg, MI

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(248)390-9270

Donation only,

Please RSVP

Walk with us and free yourself from worry and stress!