



# Grand Bend Vipassana Meditation Group

*Invites you to Learn to Meditate*



"Mindfulness is the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally." (Jon Kabat- Zinn)  
By focusing on the breath, the idea is to cultivate attention on the body and mind as it is moment to moment, and so help with suffering, both physical and emotional.

**Four sessions - come to any one or all of them - 1:00-2:30 p.m.**

**October 9 - The Breath**

**October 16 - The Body and Sounds**

**October 23 - Thoughts**

**October 30 - Emotions and Beyond**

Fee - donations in gratitude for the leadership and space are welcome

**Located in the Fellowship Hall of Huron Shores United Church**

25 Main St (Corner of Main & Queen)

519-238-2402 \* [huronshoresunitedchurch@gmail.com](mailto:huronshoresunitedchurch@gmail.com)

*"Our relationship with God and each other strengthens us, and helps make the world a better place.  
We welcome and include **everyone** into congregational life."*



**Affirm/Staffirmer**  
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