



# *Beyond Worry: Being at Peace with the Unknown*



## **Meditation Workshop**

### **Led by James Morrison**

James was a Buddhist monk for over 30 years, and for 15 years he studied with meditation masters in Thailand.

**Saturday, June 10, 2023**

**10:30 am to 3:00 pm**

Held at the Morgan Hill House, Villa Mira Monte  
17860 Monterey Road, Morgan Hill

Bring peace into your life through mindfulness meditation.

- Suitable for both beginners and experienced practitioners
- Basics of sitting, walking, and eating meditation
- Emphasis on integration into daily life
- Teachings offered on donation basis

Participation is limited. For complete details and to reserve your place, contact Carol at [heart@aauwmh.org](mailto:heart@aauwmh.org) or 408-722-7050.