



Day of Peace



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 8, 2024

10:00 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 or 408-722-7050.