



Meditation in the 21st Century: Why Meditation Matters Even More!

Incorporating meditation into one's life has many positive effects. Now more than ever, in today's modern world with all the stresses, meditation is needed. Learn a simple meditation technique that can help you in all aspects of your life.

Jim Rose is a long time meditator and has been speaking on the topic over 30 years. Join him for this powerful workshop.

Thursday June 21, 11:30 AM

No registration required

Adults 18+



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