



JEWEL HEART CLASSES OFFERED AT THE BIRMINGHAM UNITARIAN CHURCH



♥ Deepening Awareness ♥

Meditations on Mindfulness and Compassion

Becoming more aware of our thoughts, feelings and sensations through meditation opens the door to understanding the nature of our mind and how it influences our experience. Alongside this growing wisdom, compassion is cultivated as the driving force to free ourselves and others from suffering.

6 weeks: Thursdays, May 17, 24, 31, June , 14, 21, - 7 – 8:30pm

\$60/Jewel Heart members free

To register: Phone 734 239 5985 or email: bloomfield@jewelheart.org and look us up on our website: <http://www.jewelheart.org/chapters/bloomfield-hills/> and facebook: *Jewelheart Bloomfield Hills*

For information about Jewel Heart membership, visit: <http://www.jewelheart.org/donate-support/>
Jewel Heart courses are open to all, regardless of ability to pay. If you are unable to afford a fee, please speak with registration about the possibility of a partial or full scholarship.

Birmingham Unitarian Church, 38651 Woodward Ave, Bloomfield Hills, MI 48304

This program is not sponsored by and may not reflect the views of the Birmingham Unitarian Church