

---

# HOLIDAY MEDITATION CLASSES

---



**End the year with greater clarity, calm and confidence.  
December 4 & 11, 2019 Attend one or both evenings.**

All Levels Welcome including first time to meditation.

**1110 SE Alder St Portland 97214**

**7-8:30pm**

**suggested donation \$10**

**no one turned away for financial reasons**

**Led by Jacqueline Mandell**

**[www.samdenling.org](http://www.samdenling.org) [info@samdenling.org](mailto:info@samdenling.org)**