

Date: Sat. December 9
Time: 2-4 pm
Cost: \$25 (10% discount
for monthly members)



Give yourself the gift of lasting peace for the holidays

Lovingkindness Meditation

With Jude Rozen

Source Yoga

Source Yoga

2712 N. 21st St. Suite A

Tacoma, WA 98406

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Lovingkindness meditation practices help us open our hearts with forgiveness, kindness and compassion toward ourselves and others. Originating in the Buddhist meditation tradition, these techniques are now used by people of all backgrounds to open the heart and develop patience, friendliness, and tender-hearted caring. Learning and practicing these techniques will help anyone develop the capacity to heal, soften, and regenerate body, mind and spirit. During this workshop, participants will learn and practice techniques that comprise the "happy practice" of Lovingkindness meditation, and will also receive several handouts - written materials that will support maintaining the practice at home. All Welcome.

Jude Rozen has studied and practiced with such world renowned meditation teachers and writers Jack Kornfield, Joseph Goldstein, Sharon Salzberg, and Pema Chodron, among others. Jude has been practicing and teaching meditation for more than 30 years.