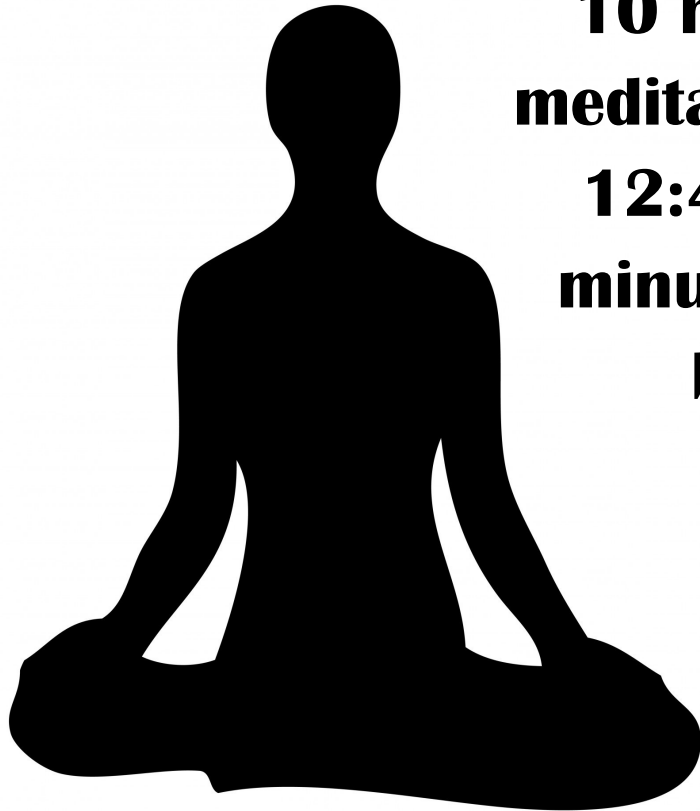


# “Meditation Mondays”



**10 minute guided  
meditation starts at  
12:40pm with 10  
minutes of silence  
before & after**

If you wish,  
bring a blanket  
or meditation  
cushion

**Every Monday  
12:30pm-1:00pm**

Starting Jan 8 - last day Apr 30

In the Community Room  
Sechelt Library

This program is FREE. Drop In.

SECHELT LIBRARY