



## **Finding Inner Peace - A Day of Mindfulness Meditation**

*Presented by Unitarian Society of Germantown & Springboard Meditation Sangha*

**DATE:** Saturday, March 25<sup>th</sup>, 2017

**TIME:** 8:30am - 4pm

**LOCATION:** Sullivan Chapel at the Unitarian Society of Germantown (USG),  
6511 Lincoln Drive, Philadelphia, PA, 19119.

**RSVP (Registration Required):** Space is limited. Please register here:  
<http://usguu.org/> and click on "Online Payment Center" found near the center  
of the home page, then register for "A Day of Mindfulness". Please contact  
Sharon Mafuru at [smallaxetz@gmail.com](mailto:smallaxetz@gmail.com) or 215.756.6466 with any questions.

The day will include some brief teaching as well as periods of meditation and Qi Gong. New and experienced meditators are welcome. Participants will be asked to maintain silence throughout the day, including during the lunch break, which will be held on site.

Retreat instructors, Deborah Cooper and Paul Martin, will offer guidance throughout the day. Deborah is a practicing, licensed family therapist and a Mindfulness Meditation instructor. Paul is an experienced teacher of Qi Gong with many years of practice and teaching experience.

***\*\*\* Child care will be provided (for children 6 months and older) to make this event more accessible to parents. \*\*\****

The facilities fee will be \$15 for this event, which is paid at the time of registration. This covers use of the facilities and child care only. The instructors offer this retreat free of charge. Participants may choose to give a donation in the Buddhist tradition of dana.

Please bring your own lunch. Beverages will be provided. Parking for USG is off Johnson Street, northeast of Wayne Avenue.