**Main Line Unitarian Church** invites you to join us as we learn the benefits of a meditative life!

The devices that supposedly make us more connected also encourage us to be “on” 24 hours a day and often can make us more frazzled! The digital culture we share with all its amazing technologies needs the balance of silence, contemplation and reflection. Whether you are inclined to find this balance with a classic sitting meditation practice or in other ways that provide mindfulness and reflection, our need for stillness and calm are shared.

**Saturday March 28**

**9:30 am – 4:00 pm**

Doors open at 9:00 am

This day-long retreat will focus on navigating our digital age. The program will include sitting practice, a discussion of the relevance of meditation and mindfulness in our contemporary world, exploring meditative movement, and a focus on practicing gratitude.

**Our retreat leaders will be . . .**

**Rev. Grace Song,** an ordained Won-Buddhist teacher and the Chair of Buddhist Studies at the

Won Institute.

**Rev. DaeSung Song,** a long-time practitioner and teacher of Tai Chi, Qigong and Hatha Yoga.

**Suggested Donation: $20**

**Optional Lunch with preregistration: $10**

**To Register:**

**https://mluc.org/meditation-retreat/**

**For Questions:**

**Sue Compton**

[suemcompton@gmail.com](mailto:suecompton@gmail.com)

Lunch includes sandwich, chips and cupcake.

* Free childcare will be provided.
* You may bring your own lunch.
* Drinks, snacks and fruit will be available.
* Space is limited…. So Register Early!

**All faith traditions and experience levels welcome.**