

*Mercer Island Yoga Community presents*

# FREE MEDITATION CIRCLES

1<sup>st</sup> Sunday evening of each month

Mercer Island at Yogabliss or SJCC

Yogabliss: 7803 SE 27th Street SJCC: 3801 East Mercer Way

ALL WELCOME!

Are you interested in experiencing a led meditation? Intrigued by a meditation technique? New to meditation or interested in learning more about meditation and its benefits? Please join us in this open community meditation space.



[www.MercerIslandYoga.org](http://www.MercerIslandYoga.org) for updates & details

Organized by Mercer Island Yoga Community

With special thanks to Stroum Jewish Community Center and Yogabliss for use of their space, YogaBlaze, and all meditation teachers and students.

If you are interested in leading a meditation circle, please contact [merceraislandyoga@yahoo.com](mailto:merceraislandyoga@yahoo.com)

*Donations will be accepted if you wish to give to the monthly teacher.*

## **DATES & OUTSTANDING LEADERS**

**October 2<sup>nd</sup> at 7:30pm with Phyllis Morse at Yogabliss**

**November 6<sup>th</sup> at 7:30pm with Drew Sowa at Yogabliss**

**December 4<sup>th</sup> at 7:30pm with Michelle Guske at Yogabliss**

**January 1<sup>st</sup> at 7:30pm Catherine de Marin at Yogabliss**

**February 5<sup>th</sup> at 7:30pm with Adi at Yogabliss**

**March 4<sup>th</sup> – Soleil Hepner – TBD**

**April 1<sup>st</sup> – Denise Carico – TBD**

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