



Kitsilano Neighbourhood House

Where the Westside Gathers

2305 - 2325 West 7th Avenue, Vancouver, BC V6K 1Y4
Telephone: 604-736-3588 Fax: 604-736-3640
www.kitshouse.org

WEDNESDAYS
12:30-1:00PM
STARTING
SEPTEMBER 10, 2008

Lunch-Time Meditation Group

Everyone Welcome!

Come join staff and community members to share some moments of stillness and reflection in the middle of your day.

Sessions will include: Guided meditation sitting, inspirational reading, rotating leadership and a quiet sacred space to just “be”

Sun Room, Kitsilano Neighbourhood House
2325 West 7th Avenue (@ Vine)

**FOR MORE INFORMATION
PLEASE CONTACT:**

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Community Organizer
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