

# Explore Meditation!

We live in a time of major change and transition. We may be feeling stressed and overwhelmed. It can be difficult to remain centered and focused. This workshop is designed to help us regain a sense of groundedness and wholeness.

In a non-threatening atmosphere, we will learn and practice:

**Centering Meditation**  
**Contemplative Reading of Inspired Writings**  
**Mindfulness Walking**

Each practice includes an introduction, guidance through the practice and discussion about the practice.

New to meditation?

Looking to deepen your practice?

Wanting to refresh your skills?

**All are welcome regardless of experience.**

WHEN: 1:00- 4:30 pm, Saturday October 31, 2026  
WHERE: Esquimalt United Church, Lower Hall  
500 Admirals (at Lyall Ave.) Victoria BC  
FEE: Pay as you are able: \$0-\$25 (at the door)  
REGISTER: [www.contemplativepathbc.com](http://www.contemplativepathbc.com)



 **CONTEMPLATIVE PATH**

Cosponsored by Esquimalt United Church