



## Silent Sitting and Inquiry with Prajna 7:00 – 8:45 pm

Meetings on Wednesdays in April and May,

4/16, 4/23, 4/30, 5/14, 5/21, 5,28 No meetings 3/26, 4/9

Suggested donation is \$15

4/2 ,5/7 & 6/4 are closed meetings for the Women's Embodiment Group.

## Noon Silent Sittings Every Monday and Tuesday from 12:10 to 12:45 pm.

No sittings 3/24 & 3/25

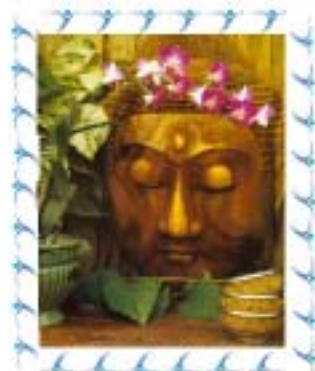


## All Day Silent Retreat with Prajna

**Saturday, April 26th - 11 am to 6 pm**

This day is dedicated to the stillness of being. Giving recognition to our formless nature - the space in which all form arises - is a powerful and liberating practice.

Sliding scale donation \$50 to 70. Call to reserve - space is limited!



## Bliss Yoga Class with Natana - Wednesdays 10:45 - 11:45 am

Call Natana at 432-8378 or

email at [natanasbliss@gmail.com](mailto:natanasbliss@gmail.com).

Cost: \$12 a drop-in; \$40 month pass; \$50 for 5 consecutive Wednesdays.



## Remedial Movement Healing Education

This program will include conductive education, yoga, curative care and bal-a-vis-x while incorporating games, music and fun. Our summer program is geared towards children with developmental delays. Please spread the word to parents whose children often fall through the cracks.

Call for more information about our **Summer Pilot Project beginning June, 2008**



**FOR MORE INFORMATION, CALL 530-477-8867 or email [info@flowingriver.us](mailto:info@flowingriver.us)**

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