

# Meditation 101



**Mondays & Thursdays**

**12:30pm to 1pm**

**UVic Interfaith Chapel**

**The stillness of being, the silence of knowing...**

The journey inward is personal, the unfoldment is unique.

Discover beingness and stillness  
to help you on your journey.

Each week features a different style  
of meditation and contemplation,  
allowing you to explore a variety of means  
for a peaceful and centred life.

**For more information contact Bahá'í Chaplain, Mead Simon:**

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