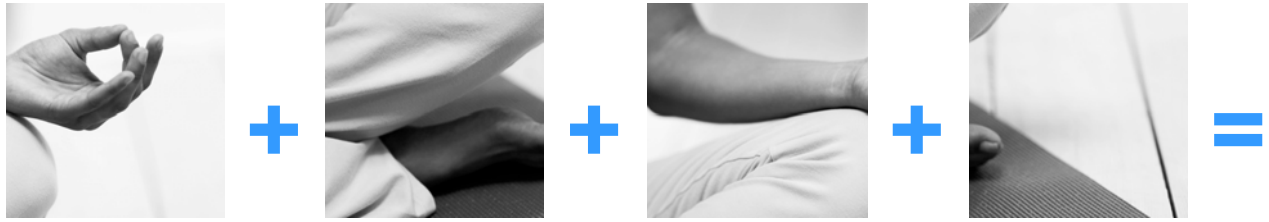


Meditation Plus



Thursdays 5:30 - 7:00 pm

SEPTEMBER 15, 29

NOVEMBER 3, 17

OCTOBER 13, 27

DECEMBER 1

UVIC INTERFAITH CHAPEL

Meditation Plus is a meditation community for students and friends. Join us on every second Thursday at the Multifaith Chapel to hang out with other meditators, learn more about meditation and other contemplative practices, and to share in a simple soup and bread meal. We meet after our regular 4:30 'Learn to Meditate' group.

For more information email Henri Lock at hlock@uvic.ca or 250-472-4159.



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