

# Five Steps to Serenity

## A Guided Meditation Workshop Series

### With Duane Utech



Please join experienced meditator, teacher and studio owner Duane Utech as you embark on a five-week journey into the heart of mindfulness meditation. This five-week Series is open to students of all levels (beginner to advanced), and will consist of guided meditation tips, suggestions and practices, support readings and seated meditation practice. All classes will take place in UpDog's Studio B Training and Meditation Center Area (directly across from UpDog Yoga upstairs). Cushions and blankets will be provided for student's use.

### !!!NEW DATES!!!

Monday, September 13, 2010	...	7:30pm-8:30pm
Monday, September 20, 2010	...	7:30pm-8:30pm
Monday, September 27, 2010	...	7:30pm-8:30pm
Monday, October 4, 2010	...	7:30pm-8:30pm
Monday, October 11, 2010	...	7:30pm-8:30pm

**Required Reading:** All students will be required to obtain a copy of Pema Chodron's "The Wisdom of No Escape" and Thich Nhat Hanh's "Miracle of Mindfulness" (available at the UpDog Boutique). Additionally, students will be required to keep a daily meditation journal (full details will be provided at first class).

**Cost for the Workshop Series:** \$125 (\$100 if paid by September 8, 2010). Sorry, no employee or member discounts for this workshop series.

