

Love and Happiness: A Valentine's Day (Eve) Meditation



AND FUND RAISER
FOR THE OM SQUAD™

MONDAY, FEBRUARY 13TH, 2012
7:30-8:30PM (STUDIO B)



His Holiness The Dalai Lama says that “Compassion is wishing for someone an end to their suffering. Love is wishing for them happiness.”

To explore the subtle meaning behind these simple ideas, this meditation will use color and sound therapy to create a deeply meditative, mind-full state, and will help the practitioner resonate at a higher level of love, tenderness and *Maitri*, or loving kindness.

There is no charge to attend this special community meditation class. However, your donation of at least \$10 helps the Om Squad™ buy one loaner mat (giving an old mat also helps!!). The Om Squad™ is a not-for-profit adjunct of UpDog Yoga that provides “Yoga2Go™” for groups and individuals who might not otherwise have the opportunity to benefit from a regular yoga practice. Om Squad’s expanding list of beneficiaries include The Baldwin Center, Pontiac Middle Schools, Easter Seals Society, the Rochester Area Neighborhood House, the Rochester Community Center, Detroit IMPACT, Oxford High School and numerous corporate groups and sponsors.



Class is held in Studio B, from 7:30-8:30pm. You are encouraged to bring friends and loved ones, even those who have never/rarely meditated/levitated.