

Mindfulness Community of Milwaukee

## Still Water Sangha

*Presents*

# A Day of Mindfulness

## Finding Joy in Your Practice

Date: Saturday, February 17, 2018

Time: 9am - 4:15pm

Place: 3333 S 27<sup>th</sup> Street

Milwaukee, WI 53215

\$30 fee includes breakfast and lunch

(Scholarships available—call

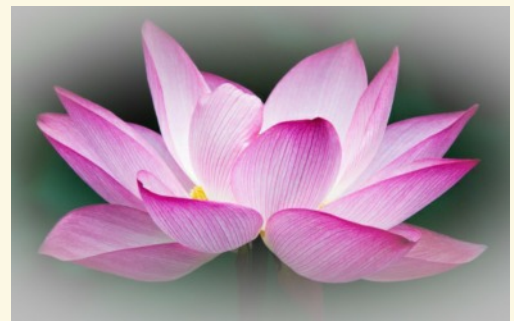
Nancy Newman, 414-732-7361, for more info)

-Meditation Instruction

-Sitting and Walking Meditation

-Dharma Talk

-Dharma Discussions



### Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

List any dietary restrictions: \_\_\_\_\_

Make checks to: Mindfulness Community of Milwaukee

Mail form & fee to: Nancy Newman, 820 E Otjen St., Milwaukee, WI 53207

Questions? Email: [dayofmindfulness@milwaukeeemindfulness.com](mailto:dayofmindfulness@milwaukeeemindfulness.com) or phone Nancy Newman at 414-732-7361

Register by February 10, 2017 (space limited).



