



Dear Friends,

The upcoming monthly Arden-Dimick Library Chair Yoga and Meditation sessions will be held Wednesdays, May 22nd and June 26th.

The Chair and Meditation series will continue through September. The wellness topics for each month are listed below.

*Blessings,*

*Rev. Marilyn L. Buehler, M.Div.*

*Spiritual Director*

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## Chair Yoga and Meditation

*Harmony for Mind, Body, and Spirit*

*4th Wednesday each month at 6:30 pm to 8:00 pm:*

- *May 22nd*
- *June 26th*

Arden-Dimick Library, Community Room at Watt and Northrop Avenues, Sacramento, CA

Each meeting includes:

- **Simple Chair Yoga for beginners** (*If can sit, you can do this!*)
- **Easy meditation for relaxation**
- **Short talk on a health and wellness topic**

Wellness Topics by Month:

May: **Active Meditation: [Seed thought meditation using Virtues](#)**

June: **[The Tree of Contemplative Practices](#)**

July: **[Walking Meditation](#)**

August: **Nightly Review**

September: **TBD**

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**Chair Yoga and Meditation at the Bread of Life Center**

- *Thursday, May 23rd, 2019 at 2-3 pm*

**Bread of Life**, 1260 Fulton Ave. Suite A, Sacramento, CA

***\$10 for each session - Pre-register with the Bread of Life at (916) 648-1803 or on-line.***

This will be a one-hour class with about 40 minutes of chair yoga and a 10 minute meditation.

**Each meeting includes:**

- **Simple Chair Yoga for beginners**
- **Easy meditation for relaxation**

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## **Earth Wellness Corner**

### **Pledge to Save Water**

Pledge to conserve water, energy and other natural resources on behalf of your city.

**[Click here to join the pledge to save water](#)**

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## **Spiritual Direction at the Bread of Life Center**

I am a member of the Spiritual Director team at the Bread of Life on Fulton near Hurley. I offer Spiritual Direction sessions on weekdays at the Bread of Life. If you live out of the area, I offer spiritual direction by Skype.



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## **Ponder This**

Listen to your own Self. If you listen to that Self within, then you find the Truth.

Kabir