

**DISCOVER
YOUR MAGNIFICENT AWARENESS!
NOVEMBER 2011
MINDFULNESS
MEDITATION
OPPORTUNITIES
AT DURHAM COMMUNITY CHURCH**

WEEKLY BASIC SITTING MEDITATION. This opportunity to practice your sitting meditation will cultivate awareness and bestow the mind/body benefits of resting in relaxed silence. We invite you to slow down for awhile and explore what this can mean for you! Church Parlor. Wednesdays, 6:30-7:15 p.m. Cushions, Backjacks, and chairs provided. No charge. No sit November 23.

MINDFUL EATING. Is all that time you spend eating lost to you? How often do you really see and taste and smell what you are eating? Mindful eating offers us the opportunity to join mind with body and to live fully aware in each present moment. We invite you to come explore mindful eating and discover how true awareness adds to your life experience! Church Parlor. Mondays 11/7, and 11/21. 12:00 noon to 1:30 p.m. Suggested fee \$20 per meeting. Sliding scale. Scholarships available. (In other words, don't worry about the price – just come and pay what you can.)

Instructor Judith Moyer (Ph.D.) is a professional educator and has had a personal meditation practice since 1983. She has trained in teaching mindfulness at the Center for Mindfulness at the University of Massachusetts Medical School in Worcester.