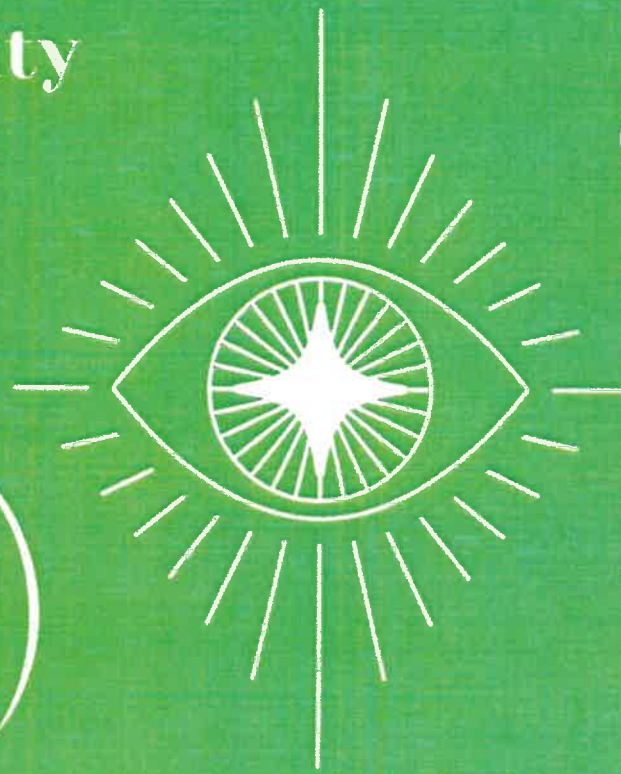


**Sudden
Valley
Community
Center**

**Every Other
Saturday
Starting
9:30AM -
10:30AM**



**Check With
Front Desk!**

mindful meditation

An interactive seminar on using meditation
to combat anxiety and depression



**MEDITATION
WITH JEREMY**

FREE CLASS

"The instructor has thirteen years of experience with mindfulness studying under meditation teachers such as Mitra-Roshi at Mountain Gate - Sanmonji, Karen Redding at Insight L.A. and Sensei Sozui Schubert at Hidden Valley Zen Center."