Mountain View Public Library

# Free Meditation Workshop

## with Julie Hill

Are you interested in Zen? Yoga? Meditation?
If you can count to ten, you can meditate!

Please join us for a calming, centering experience as
Julie Hill shares her tips for your own meditation practice.

You can benefit from meditating as little as 10 minutes
at a time. This workshop will show you how.

Wednesday, April 28, 7:30-8:30 pm
Mountain View Library Community Room
585 Franklin Street, Mountain View, CA 94041
650 903 6337

*Beginners welcome*
*No RSVP required*