

QUAIL CREEK MEDITATION COMMUNITY

Our primary purpose is to provide for our community a weekly quiet, still time/place for group meditation practice and personal reflection; to support meditation practice through weekly email session reminders, brief quotes and links to resources; and, to further enhance members' meditation skills by presenting workshops and special speakers/teachers.

Sitting together with like-minded people offers support to each of us in our own individual practice. We invite you to join us for our meditation sessions which are held every Thursday evening at 5:15 pm in the Ocotillo Room in Kino Conference Center.

Because people with varying degrees of meditation experience are joining our group, short basic beginner instructions will be offered at the start of each session. Hopefully, experienced practitioners may benefit from refresher reminders and suggestions to deepen their meditation experience. (NOTE: If requested, more detailed free meditation classes will be offered if requested at 4:15 pm before the evening session in Ocotillo Room.)

To establish the peaceful ambiance, we request that participants enter quietly no later than 5:20 pm, leave shoes at the entrance, and select and settle into a seat comfortably so we may begin our group session promptly at 5:30

The sessions are free and no special clothes or equipment is required. There will be chairs and participants may certainly bring your own cushion(s), etc., for your comfort. You may want to bring socks, a small cushion, folded blanket or towel to put under your feet or back. Layered clothing is advised as the room temperature is unpredictable. Quieting the mind in meditation is more easily achieved without the distraction of bodily discomfort.

Other than the brief beginner instruction and practice reminders, we will sit for 30 minutes in stillness and silence. Three bells (3) will signal the start of the meditation session and two bells (2) will signify the end. There will be no guiding suggestions other than the brief suggestions at the very beginning of the session, nor will there be music: simple uninterrupted quiet and stillness for 30 minutes to bring awareness to our minds and consciousness.

The session order:

1. Brief beginner instruction and tips for meditation
2. 30-Minute Meditation Silence
3. Brief Stretch Break
4. Introductions
5. Sharing of your tonight's meditation experience and suggestions for future sessions.
6. Questions and Answers directed to the leader.
7. Close
8. Feel free to remain and socialize a bit.

Bows of deep appreciation for your interest and participation.

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