

May 2016 Ocean Of Oneness Class Schedules Offered by Lila

www.OceanOfOneness.com

Reservations: <http://www.Meetup.com/OceanOfOneness/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Artful Leadership Intro Class Beginners Mind Meditation, talk, Q&A 7 – 9 pm /	6 45 min Guided Meditation, Q&A, Tea & cookies 6 - 7:30 pm	7 45 min Guided Meditation, Q&A Tea & cookies 5 – 6:15 pm
8	9	10	11	12 Reading Circle Book Readings of Anam Thubten Rinpoche 5:30 - 6:30 pm Artful Leadership Intro Class Benefits To Mindfulness Meditation Meditation, talk, Q&A 7 – 8:30 pm	13 Private Session w Lila 15 min segments 5 – 6 pm Artful Leadership Intro Class Empathy @ Work, interactive and meditation 6 - 7:30 pm	14
15	16	17	18	19 Artful Leadership Intro Class Benefits To Empathy @ Work Meditation, talk, Q&A 7 – 8:30 pm	20 Lunch with Spirit Relaxation Meditation 12:15-1:15 pm Introduction Class Benefits to Meditation, Guided Meditation 6 - 7:30 pm	21 45 min Silent Meditation Sitting. Open to All. Tea & Cookies 5 - 6:15 pm
22	23	24	25	26 45 min Guided Meditation Q&A Tea & Cookies 7 – 8:30 pm	27 Private Session w Lila 15 min segments 4:30 - 5:30 pm Artful Leadership Intro Class Women of Wisdom Shattering Your Own Glass Ceiling" Topic and Meditation 6 - 7:30 pm	28
29	30	31				

Location: Indigo Center / 2548 E. Colorado Blvd. Pasadena CA. 91107 / 626-796-2100

All Classes: Advance Reservation / Walk-ins if seating is available.

Contact Lila: <mailto:Lila@OceanOfOneness.com>