



FLOWERING LOTUS MINDFULNESS MEDITATION GROUP

Resumes meeting in our beautiful new center in New Orleans

627 Opelousas Avenue (Algiers Point)

New Orleans, LA 70114

Meeting *WEEKLY* every *MONDAY*, 7:00 – 8:30 pm

Please arrive 10 minutes early

Our meetings include concise meditation instructions as well as an opportunity to practice. The weekly talk is compatible with the spiritual or religious orientations of all. Sessions are suitable for people with any level of meditation practice, with an emphasis on supporting participants' own daily meditation practice.

Dolores Watson, Founder and Director of Flowering Lotus, will facilitate the Meditation Group. Dolores is committed to her personal meditation practice and development. She has completed the 2½ year course offered by Spirit Rock Meditation Center called the Dedicated Practitioner's Program (DPP4) and Spirit Rock's Community Dharma Leadership Program (CDL5). She has sat multiple retreats at numerous retreat centers and monasteries, as well as attending most retreats at Flowering Lotus.



DONATIONS APPRECIATED