

Meditation Workshop

A person is shown in silhouette, sitting in a meditative lotus position on the left side of the frame. Their hands are held in a mudra (gesture) with fingers interlaced. The background is a serene landscape of a body of water under a sunset sky, with the sun low on the horizon, creating a warm, golden glow. The water reflects the colors of the sky.

- **When:** April 15, 2017
- **Where:** Holladay United Church of Christ
2631 E. Murray Holladay Rd.
Holladay, UT 84117
- **Time:** 10:00 AM-11:00 AM
- **Please dress comfortably and bring a cushion to sit on for comfort if desired.**
- **Suggested Donation:** \$5.00