



INTEGRATED SPIRITUALITY

practices for the
MIND, BODY, & SPIRIT

6:30pm, WEDNESDAYS
FEBRUARY 6 – MARCH 13

- 2.6 The Spirituality of Food
- 2.13 Establishing Your Spiritual Practice
- 2.20 Kriya Yoga for Consciousness & Connection
- 2.27 Meditation Basics for Spiritual Connection
- 3.6 Contemplative Spirituality
- 3.13 Gong Bath w/Susan Novick

BROOKSIDE COMMUNITY CHURCH

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