

Meditation



Join us and start your path to:

- **Peace of mind**
- **Calmness**
 - **Less stress**
 - **Sharper mental focus**
 - **Mindfulness**

Your guide, Bo Tep, is a long time practitioner of meditation, centering practice and interfaith contemplation.

Ygnacio Valley Library

2661 Oak Grove Rd. 94707 | 925.938.1481

Mon 10-8 ▪ Tues 10-8 ▪ Wed 10-8 ▪ Thurs 10-8 Fri 10-6 ▪ Sat 10-6

▪ Sun Closed

*For special accommodations, please contact the Library with 72 hours notice.