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## Meditation with Ruth & Lisa



Thursday, January 27, 2022 — Thursday, October 27, 2022



Zoom

This group meets every Thursday! 6:00-7:00 CST/ 7:00-8:00 EST Join us on Thursday evenings to experience the power and beauty of meditating in a warm and welcoming community. Each week we have time to learn, to share and to do both a guided and silent meditation. Come whenever you want and stay for whatever part works for you. Everyone is welcome - no prior experience necessary. We look forward to seeing you soon. -Ruth and Lisa Topics & themes change weekly, any questions please contact [jacqueline@twistoutcancer.org](mailto:jacqueline@twistoutcancer.org) Click [here](#) to access Zoom

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