

# **EQUINOX MEDITATION**

The time of the seeming equal day/equal night of the September Equinox is a most auspicious time for gathering energies in preparation for the long winter days to come. Having experienced the warmth of the Yang energies of summer, we are beginning to feel the increasing emergence of the Yin energies of Fall and Winter. This is a good time to set our goals for establishing and maintaining health and attitudinal wellness during the Yin season of winter. In observance of the September Equinox, you are invited to join in a group meditation and Qigong practice.

**Date and time:** Wednesday, September 22, 2010, 7–8:30 pm

**Location:** Path of Harmony, Sugar Hill, NH

**Facilitator:** Mary Sturtevant, M. Ed.

**Tuition:** Free with a donation to the FCC Food Pantry

**For additional information and registration:** call 603-823-8780 or email [peace@pathofharmony.com](mailto:peace@pathofharmony.com)