



Awakening Authentic Presence: Meditations with Sound & Silence

with Marcy Vaughn in Madison, WI

An introduction to the Five Warrior Syllables, a practice of sound and silence to clear obstacles and awaken positive qualities that transform one's life. Join us to explore this simple and direct path that begins with openness and leads to spontaneous positive expression that benefits yourself and others.

For beginning and advanced meditation practitioners alike.

Friday Nov 7, 2014 7:00 – 8:30 pm

Madison Senior Center, 330 West Mifflin St, Madison, WI

\$5.00 Advance registration appreciated at

<http://meditationintro.brownpapertickets.com/>

Dane County Timebank members: no fee to register; please donate one Timebank hour at the door

Marcy Vaughn serves as director of program development and senior teacher for *The 3 Doors*, a contemplative educational organization inspired by the vision of Tenzin Wangyal Rinpoche, a Tibetan Bon Dzogchen master.



Sponsored by the Wellness Project, Dane County Timebank

Please join us for a 2-day workshop to follow on Nov 8-9, advance registration required, contact Anne Forbes at anne@partnersinplace.com