

A large circle of lit paper lanterns is arranged on a beach at sunset. The lanterns are white with various patterns and designs, and they are glowing with a warm light. In the background, the silhouettes of people are visible against the setting sun and the ocean. The overall atmosphere is peaceful and serene.

Your Heart, Your Home

**Creating Sacred Space and Self Compassion
through Mindfulness and Guided Meditation**

Thursdays April 11, 18, & 25
May 2, 9, & 16

Time 6:30 PM - 8:30 PM

Location Sundance Elementary School Library
(Poway Unified School District)
8944 Twin Trails Drive, San Diego, CA 92129

Beloved Compassion Network Series

During this 6-part series, you will find how mindfulness and taking pause will open the door for restoration and renewal.

Through guided meditation, reflection and sharing, come get connected with that part of you that has been neglected, put on the back burner, or is crying out for your attention.

This series is based on the book, **"Practicing Compassion,"** by Frank Rogers, Jr. and led by a certified facilitator through the Center for Engaged Compassion.



**BELOVED
COMPASSION
NETWORK**

For more information, call: 858-223-6418, ext. 3