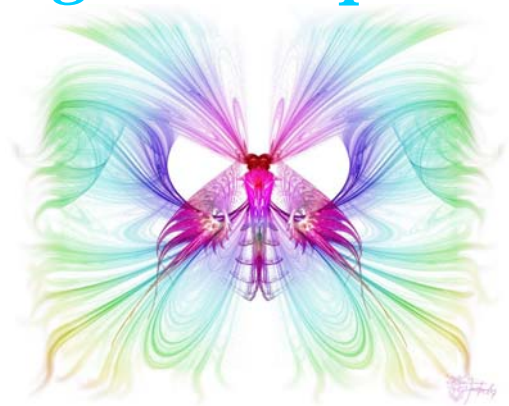
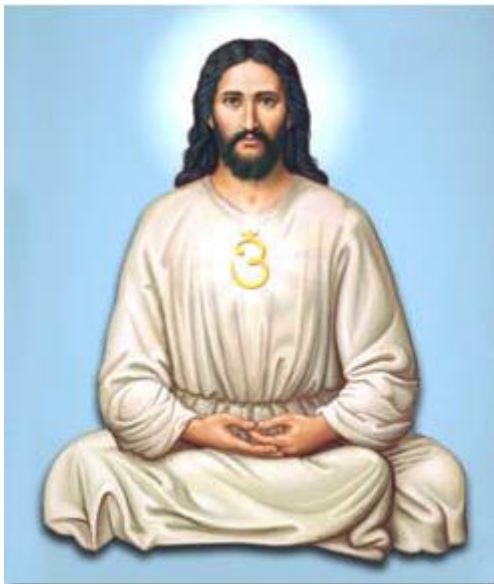


Metamorphosis

MIDWEEK MINDFULNESS MEDITATION IN THE MIDCITIES

interfaith ♥ inclusive ♥ integral ♥ inspired



*Music,
Meditation,
Mindful Movement,
Meaningful Messages, and a
Mutual Meeting of Mystic Minds*

TUESDAY EVENINGS @ 7:00-9:00 PM

Location: **UNITY CHURCH IN GRAPEVINE**
1650 Hughes Rd.
Grapevine, TX 76051
(817) 488-1008
www.UnityChurchGrapevine.org

Facilitator: **Brother ChiSing**, M.Div., M.A.
(an ordained disciple of Zen Master Thich Nhat Hanh)



www.AWAKENINGHEART.org

“Manifest the Miracles of Mindfulness!”