



**KORU**  
mindfulness

# Koru Meditation

mindfulness and meditation using Koru technique

*Intermediate level*

**4-week course**

**June 7, 14, 21 & 28**

**Thursdays**

**6 - 7:30 p.m.**

**May Memorial Library**



**Registration is required. To register, or for more information, call (336) 229-3588.**