



Napa Valley Meditation Group

invites you to attend...

**AN EVENING WITH GUEST TEACHER:
Maria Straatmann**



Maria Straatmann has been a student of Vipassana meditation since 1996. She is a graduate of the Sati Center Buddhist Chaplaincy Program and is a Spirit Rock Buddhist Ritual Minister. Her emphasis as a teacher is on freedom through seeing things as they are and letting go of unskillful mind habits, both on the cushion and in daily life.

**Tuesday, January 21st
7:00pm – 8:30pm
Unitarian Universalist Fellowship
1625 Salvador Avenue
Napa**

For more information about Napa Valley Meditation Group visit

<http://www.meetup.com/Napa-Valley-Meditation-Group/>