

# Windhorse Yoga Studio

## Meditation



*Sunday - from 12:00 to 12:45 p.m.*

### **Schedule / March 2018**

**3/04** - Pat: Dharma Talk and Meditation

**3/11** - Pat: Windhorse Meditation Sangha

**3/18** - Pat: Windhorse Meditation Sangha

**3/25** - No Meditation Class today

*“So what is a good meditator? The one who meditates.”  
– Allan Lokos*

