

# Winter Solstice Spiral

walk with us in mindfulness this holiday season



**When:** Friday,  
December 16, 2016

**Where:** 2999 Bowen  
St., Graton, CA

**Time:** Doors open at  
4:30pm, event begins  
at 5:00pm

Join us in a candlelit meditation hall. In mindfulness, each child first walks the spiral turning inward, gathering light at the center, and then walks the spiral turning outward, bringing her light back into the world.

This quiet night is offered by Joyful Mind Project and Stone Creek Zen Center. Some candles in apples will be provided. Suggested donation is \$10-\$20/per family, or as your means allow. No one turned away for lack of funds.

Advance registration is requested but not required:

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