



FULL MOON MEDITATION WORKSHOP

Saturday, November 4 ~ 8:00 PM

When: This non-denominational meditation will be from 8:00 p.m. until 9:00 p.m. *Novice meditators are very welcome to attend.* Straightforward and concise meditation instructions will be given at the start of the event. Participants are encouraged to arrive *a few minutes early* to settle in so that everyone may join in on the guided meditation that will begin the evening. Meditators of all traditions (or lack thereof) are very welcome to participate.

Where: **The Base, 116 Anacapa St., 93101, in Santa Barbara's FUNK ZONE**

Why: The Masters of meditation have known for thousands of years that the reflective light of the moon cools and quiets the mind and thus leads experienced practitioners (and novices too) into deep states of meditation.

Registration: *\$15 for adults, \$10 for seniors & students. By Donation: veterans and First-responders.*

Helpful Hints: Chair seating will be provided. Should you wish to sit on the floor please bring a pillow or a yoga mat to sit on.



The meditation will be led by Santa Barbara native, Tom G. O'Brien, the founder of **Rupa Meditation**. Tom has taught meditation to hundreds of business executives, legal and medical professionals, educators, students, families and the recovery community for 25 years. He is a graduate of Crane Country Day School, The Thacher School, and Wesleyan University (where he graduated with highest departmental honors). His volunteer work facilitating meditation programs in maximum security prisons has included programs in California and throughout New York State.

If you plan to attend please **RSVP** to rupameditation@gmail.com, or text **805.453.8965**, so that the necessary logistical arrangements may be made ~ all contact info. will be kept *strictly* confidential. Tom is available to teach individual or group classes in either your home or place of business. Class-series discount cards, gift certificates, and guided meditation CDs are also available for purchase.

Upcoming Events: The next Full Moon meditation will take place on **Saturday, Dec. 2** ~ same time & place.

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