



# MEDITATION WALK

## Walnut Creek Park

4250 Walnut Creek Road North Garden, Virginia 22959

June 9, 2024    Hosted by the 11th Step Group

11:30 : Arrival - Free park admission if you tell cashier you are attending this event.

12:00 : Meditation intention - A brief reading to gather the group and set an intention for one's mediation

12:15 - 1:00 : Meditation walk - Enjoy an unguided individual walking meditation.

1:00 - 3:00 : Fellowship - Shelter reserved all day

Bring your own lunch, snacks and drinks.