

Masterclass Themes for Sign-Up



Day of the Week	Date	Time	Theme	Volunteer to do Preamble, Guidance, and Inquiry for Meditation
Friday	April 2	8:00 - 9:15 am	Metta (Loving Kindness) practices	No Class (Holiday)
Tuesday	April 6	5:00 - 6:15 pm	Visualization practices	
Wednesday	April 7	12:00 - 1:15 pm		
Friday	April 9	8:00 - 9:15 am		
Tuesday	April 13	5:00 - 6:15 pm	Guided Imagery practices	
Wednesday	April 14	12:00 - 1:15 pm		
Friday	April 16	8:00 - 9:15 am		
Tuesday	April 20	5:00 - 6:15 pm	Room or personal space practices	
Wednesday	April 21	12:00 - 1:15 pm		
Friday	April 23	8:00 - 9:15 am		
Tuesday	April 27	5:00 - 6:15 pm	Grounding practices	
Wednesday	April 28	12:00 - 1:15 pm		
Friday	April 30	8:00 - 9:15 am		