

We're having a **Get Together**

...to see if we can't get a little nothin' done.

The Get Together is a time to gather and explore the power of stillness and resting in the present moment. It is intended to provide a space where people from various backgrounds and experiences can:

- learn more
- practice
- be part of a group
- for support
- as a source of ideas.

Organizers Jeff Kiko-Cozy and Su Nimon hope to begin by exploring techniques of

meditation, mindfulness and chant.

We trust that the group's interests will direct other experiences. The emphasis will be on practice, with discussion aiding the process when necessary.

The group, while spiritual in nature, is not religious. We intend to provide an atmosphere where people of any or no tradition will feel welcome.

There is more info on the back. If you have questions, please contact us.

Jeff - 330-494-9413 or kikocozy@sbcglobal.net

su - 330-232-1888 or journestudios@yahoo.com

We hope you plan to join us.

Get Together

2nd Saturday at 2nd April

10 to 11 am- beginning jan. 2010

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The ideas of **resting in the present moment** and the **power of stillness** have become increasingly popular through authors such as Thich Nhat Hanh, Eckhart Tölle, Adyashanti, Jan Frazier and others. While these ideas often resonate with people, many find themselves unsure as to how to begin to apply them. Others may feel more comfortable in practicing the ideas, but wish there was a group available for support and a source of ideas. That's what this **Get Together** is all about.

The Get Together is organized by Jeff Kiko- Cozy and Su Nimon, with the support of 2nd April Art Galerie. The focus will be on **exploring techniques of meditation, mindfulness and chant**, as the group's interest directs. There will be enough of a variety of interests so as to examine different possibilities of practice, yet few enough to provide a **depth of experience**. The emphasis will be on practice, with discussion being secondary in aiding the process when necessary.

The Get Together, while obviously spiritual in nature, will espouse no religious tradition. Every effort will be made to provide an atmosphere where **people of any or no tradition can feel welcome**.

Su and Jeff bring with them more years of life experience than they care to talk about... over a century will suffice, thank you. They've had the privilege of living and working in Native American, Buddhist, Muslim and Christian cultures, have years of bodywork and counseling experience, and are currently working together as a folk music duo. They hope to bring these experiences to the group for its benefit.

2nd April is supporting the group by offering the space, as Su and Jeff are with their time. A free-will donation will be requested from folks who attend. All that is asked is for a reasonable donation to be made, and trust that if this thing is to fly, donations will provide the resources needed for the success of the meetings.

The group will be meeting **every 2nd Saturday of the month** (remember, 2nd April, 2nd Saturday, Get Together) at **10 AM** in the Kathleen Howland Theatre in the basement of 2nd April Art Galerie, 324 Cleveland Ave NW, Downtown Canton. Beverages and snacks are available at the gallery café.

Hope to see you there.