



PLANTING THE SEEDS:
**AN INTRODUCTION
TO MEDITATION**

A SAMPLING OF MEDITATION EXPERIENCES

DATE: SATURDAY, JULY 11, 2026

TIME: 10AM-12PM EST

ZOOM MEETING ID: 891 9322 7706

PASSCODE: 670619

Program includes:

- Sharing of various meditation practices by three members
- 15–20-minute guided meditation
- Breakout rooms to discuss the program topics

HOSTED BY CAPE COD OA INTERGROUP

THE ONLY WAY TO DO MEDITATION WRONG, IS TO NOT DO IT.