

# MEDITATION AND SELF-REALIZATION

Becky and Steve Haas, M.D., will offer free instruction in meditation and guidance in self-realization.

Where: HILLCREST FAMILY SERVICE  
HADLEY CHAPEL  
2001 ASBURY ROAD

When: Wednesday, January 14, 2015  
Wednesday, February 18, 2015  
Wednesday, March 25, 2015  
Wednesday, April 22, 2015  
Wednesday, May 13, 2015

Time: 7:00-8:30 P.M.

All interested individuals are welcome.

For updates and insights, find us on Facebook at Mauna Sangha or contact us by email at :  
maunasangha@gmail.com

Special Thanks to Hillcrest Family Service for the use of their chapel.

