



Jill Davey has been teaching Hatha Yoga and meditation since 2003. She is the founder and teacher at RiverSound Retreat in Fergus, Ontario. She has been devoted to studying, practicing and teaching Vipassana Meditation since her first retreat in 2008. She is an experienced teacher and has been mentored by Molly Swan and Norman Feldman to lead residential retreats.

Monthly Mindfulness Meditation Teaching and Practice Sundays in 2016

January 17th, February 14th,
March 20th, April 17th,
May 8th, June 19th
3:00 to 5:00pm

The Space Within is committed to offering opportunities to learn and to practice meditation. Our vision continues to guide us to cultivate a community or *Sangha*, to nurture peace, harmony and wellbeing.

We are pleased to host an opportunity for deeper learning and practice with teacher and retreat leader Jill Davey. She will be coming to The Space Within one Sunday a month and all are welcome.

As in many traditions, the act of giving is a foundational practice. We ask that a "Dana", an offering, is provided by each attendee to thank Jill for her leadership and teaching.

Come join our developing sangha: for new and committed meditation practitioners.



Please RSVP to Karen James-Abra to confirm your attendance:

519-275-2187 ext 1; karen.jamesabra@thespacewithin.ca

Check our website for updates: www.thespacewithin.ca

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