



Refresh.  
Rejuvenate.  
Relax.  
Repeat.

*Think of Spirit Rock as an oasis for your soul, mind and heart.*

The vast majority of Americans are feeling stressed out. If you're anxious or overwhelmed, visit Spirit Rock Meditation Center.

We offer wonderful tools for developing mindfulness and a deep understanding of how to live wisely. Many people discover a level of ease and compassion they never knew before, and a profound support and freedom for living an authentic life.

Sign up for a class soon. Feel the lightness. Clear your mind. And be well. All at Spirit Rock.

FOR A LITTLE PEACE AND SERENITY, CALL US AT 415.488.0164  
*Just west of Fairfax at 5000 Sir Francis Drake Blvd. in Woodacre*



**SPIRIT ROCK**  
MEDITATION CENTER

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