

May 31, 2023

[Unedited audio 2 hr 3 min](#)

[Welcome, Introductions 25 min](#)

[Meditation – breathe into the sense of being 26 min](#)

[Andrea, Susan, Kirsten, John, Katherine, Margaret, Marijana, Ruth, Louise, Ardith, Laura, Diana, Emma 60 min](#)

[Closing meditation 5 min](#)

Copy and paste this Zoom link to access downloadable recordings – available for 30 days:

https://us02web.zoom.us/rec/share/mfRBOoQT_IB6RjpAXBL0zqHIwm8ZUuH_6rg0BEB2O-Aj2vbywsyEY2N8tti4knN1.P6za4ejrc53b7LxC