

Church Meditation Group Session Agenda

Date: [Insert Date]

Time: [Insert Time]

Location: [Insert Location]

Agenda

1. Opening Prayer

Led by: [Insert Name]

2. Introduction to Meditation

Speaker: [Insert Name]

3. Guided Meditation Session

Duration: [Insert Duration]

4. Reflection and Sharing

Facilitator: [Insert Name]

5. Closing Remarks

Led by: [Insert Name]

Notes

Please bring a yoga mat and water bottle.

All are welcome!