

Community of Light



*A guided meditation
at the library*



Meditations to help you calm your mind, find a deeper sense of relaxation. & tap into your light

One-hour guided visualization meditation led by LSC teacher and Otis resident Viktoria Seavey

Thursdays 9AM

Oct. 16, Nov. 20 and Dec. 18.

Please
register at
the library



The Light Source Center



**OTIS
LIBRARY**