



Neptune Beach Center

# ESSENTIAL TEACHING WEEKEND SEPTEMBER 28<sup>th</sup> - 30<sup>th</sup>

**Sisters of St. Joseph, Villa Flora Renewal  
Center  
St. Augustine Florida**



The Essential Teaching Weekend is designed for individuals who meditate in the John Main tradition and who would like to deepen their practice in that tradition. It is a residential experience that includes the place of meditation in the contemplative tradition and the essential aspects of the practice.

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**WHEN:** SEPTEMBER 28th **3:00PM** – SEPT 30th **1:00PM**  
**COST:** \$220 (Deposit of \$100 Required At Time of  
Registration) **All Meals Included**

**(ACCOMMODATIONS ARE LIMITED TO 12)**  
Please Call or Email for Further Information

[wccmneptunebeach@att.net](mailto:wccmneptunebeach@att.net)

[lindakayec@gmail.com](mailto:lindakayec@gmail.com)

904. 352.9970 or 904.241.4738