

LEARN TO MEDITATE

Yes

..Meditation reduces blood pressure and has other proven health benefits, but there is more to it than that...

..Mindfulness has contributed greatly to the alleviation of stress and mental health challenges, but there is more than that..

„Be Still and Know“

How much more at Maria am Gestade



“Meditating is a necessary human dimension, but meditating in the Christian context goes further..

For the Christian, Meditation enters through the door of Jesus Christ”*

*Pope Francis - 28. April 2021 from the General Audience on Prayer and Meditation

Meditation at Maria am Gestade

At 4pm on Sundays
12.1 26.1 9.2
23.2.2025 in the
Janauschek Saal

Each session with
introduction will be no
longer than 50 minutes,
including 20-30 minutes
Meditation

**No previous experience
required
All are welcome**

FOR MORE INFORMATION:

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www.wccm.org

The World Community for
Christian Meditation