



ruthking

MEDITATION LIFE COACHING MINDFUL LEADERSHIP

Upcoming Events ~ 2014

- Mindful Members Practice Community ~ 2nd & 4th Thursday Evenings, Charlotte, NC
- January 21, 2014: Mindful Monthly - For Seasoned Meditators, Charlotte, NC
- February 8, 2014: The Radiant Heart, Insight Meditation Community of Charlotte
- February 18, 2014: Cultivating the Heart of a Bodhisattva, Charlottesville, VA
- February 25, 2014: Mindful Monthly - For Seasoned Meditators, Charlotte, NC
- March 15, 2014: The Doorway to our Shared Humanity, IMC Charlottesville, VA
- March 25, 2014: Mindful Monthly - For Seasoned Meditators, Charlotte, NC
- April 15, 2014: Mindful Monthly - For Seasoned Meditators, Charlotte, NC
- April 17, 2014: Resting in Body, Mind & Spirit ~ Mecklenburg Ministries, Charlotte, NC
- May 3, 2014: Mindful of Race, IMC Charlottesville, VA
- May 13, 2014: Mindful Monthly - For Seasoned Meditators, Charlotte, NC
- May 18, 2014: Embracing The Mad Mind ~ Spirit Rock Meditation Center, CA
- May 19, 2014: Dedicated Practitioner Program, Spirit Rock, CA
- June 27, 2014: Embracing The Mad Mind ~ London Insight Meditation, UK
- June 28, 2014: Awakening the Boundless Heart, Gaia House, UK
- July 26, 2014: Opening the Heart ~ A Loving Kindness Retreat, IMCW ~ DC
- July 31, 2014: Vipassana Long-Weekend Retreat, IMCW, DC
- October 19, 2014: Vipassana Retreat, Insight Retreat Center, Santa Cruz, CA
- October 26, 2014: Dharma Talk, Insight Santa Cruz, CA
- November 12, 2014: Dedicated Practitioner Program, Spirit Rock, CA
- December 27 – January 1: New Year's Retreat, IMCW ~ DC

www.RuthKing.net

Schedule updated weekly

