



INTRODUCTORY CLASSES & WORKSHOPS

Updated March 2010



This lists introductory classes and workshops Neil will lead in coming months. The asterix (*) indicates all-level classes, the cross (+) a retreat entitled *Meditation For Men*, and the arrowhead (^) a retreat entitled *Meditation and Recovery*. Register for these through the contacts provided - and be advised that it is best to sign up early, if possible. Should you not find an event that meets your needs, please get in touch as dates are always being added. Neil also offers private events.

Weekly Classes

Mon Apr 12 - May 3*	7:00-8:30	Gordon Head	475-7100
Mon May 3 - Jun 14	1:00-2:00	Monterey Centre	370-7300
Mon May 10 - Jun 7*	7:00-8:30	Fairfield Community	382-4604
Thurs May 20 - Jun 10	6:45-7:45	Juan de Fuca Rec	478-8384
Mon Jul 5 - Jul 26*	1:00-2:30	Monterey Centre	370-7300
Wed Jul 7 - Jul 28	8:00-9:00	Monterey Centre	370-7300
Wed Aug 4 - Aug 25*	6:45-8:15	Monterey Centre	370-7300

One-Time Workshops

Sat Apr 17	9:00-Noon	Helga Beer Yoga	370-0464
Sat May 8	1:30-4:00	Queenswood	info@neilmckinlay.com
Sat Jun 12	10:00-Noon	Monterey Centre	370-7300
Sat Aug 21	1:30-4:00	Queenswood	info@neilmckinlay.com

All-Level Intensives

Sat Apr 10 - Sun Apr 11	9:00-4:30	Queenswood	info@neilmckinlay.com
Fri May 28 - Sun May 30+	Varies	Queenswood	477-3822
Sat Jul 24 - Sun Jul 25	9:00-4:30	Queenswood	info@neilmckinlay.com
Mon Aug 30 - Fri Sept 3	9:00-12:00	Monterey Centre	370-7300
Fri Sep 17 - Sun Sep 19^	Varies	Queenswood	477-3822

Weekly meditation group:
Thurs 5:30-7:30 at the Victoria Truth Centre
For more info: dharmaoceanvic@gmail.com