



— MONTEREY BAY —
MEDITATION STUDIO

welcomes you to

Open Studio: A Day of Meditation Practices

Sunday, August 21  Drop-In 10am-5pm

*Each practice period will start promptly at the stated time; doors will open 10 minutes before.
Please be present at least 5 minutes before the start time.*

10:00 am Welcome & Introduction
10:15 Opening Meditation w/ Katie Dutcher
10:30 Mindful Relating w/ Marianne Rowe

11:15 Break

11:30 Mindful Drawing w/ Dick Crispo

12:15 Break for Lunch

1:00 Standing Yoga in Jewel Park w/ Katie Dutcher
1:30 Restorative Yoga & Meditation w/ Sarah Takehara

2:15 Break

2:30 Meditation w/ Marianne Rowe
3:00 Authentic Movement w/ Jennifer Edwards

3:45 Break

4:00 Compassionate Communication & Meditation w/
Patricia Wolff

4:45 Closing

We invite you to experience the offerings of The Studio's co-founders, Marianne Rowe & Katie Dutcher, as well as guest teachers, Dick Crispo, Jennifer Edwards, Sarah Takehara, & Patricia Wolff.

Please join us for this free event and be part of a community of people who value deepening connection, practicing compassion, and cultivating awareness.

You are welcome to select and participate in specific teaching modules or enjoy a dive into the full spectrum and dimensions of the entire day.

