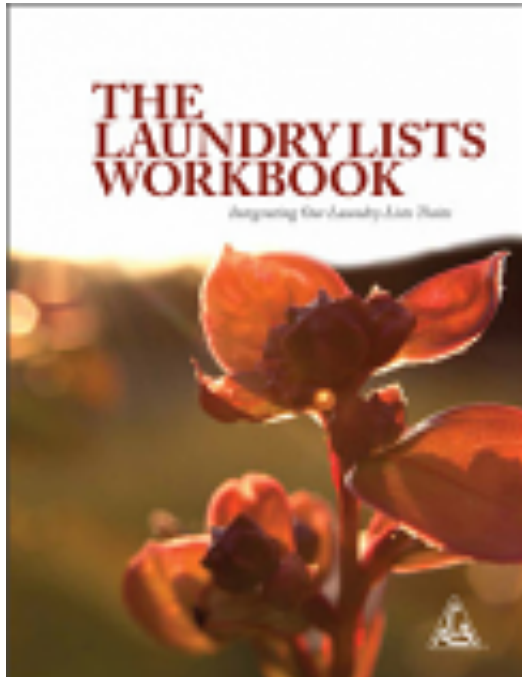




*Join your fellow travelers on a journey*



# ACA LAUNDRY LIST TRAITS

Open to all, no prerequisite required. Focus on bringing meditation and embodied presence to the trait study.

*Fourteen weeks to explore the Laundry List Traits*

Saturdays 9 am to 10:30 PST  
September 24<sup>th</sup> to December 31<sup>th</sup> 2022

Time: 9:00 am — 10:30pm PST

Join Zoom Meeting

[https://us02web.zoom.us/j/89530812595?  
pwd=MVNaSFloSmVaWUFidi9ZVmNsc1hFQT09](https://us02web.zoom.us/j/89530812595?pwd=MVNaSFloSmVaWUFidi9ZVmNsc1hFQT09)

Meeting ID: 895 3081 2595

Passcode: 971012

email [acaworkshops@protonmail.com](mailto:acaworkshops@protonmail.com) for questions or call 707-302-9735