

# The Wave and the Sea

*Events with Jeannie Zandi at OneCircle*

Contact:  
Tania 301.949.8984 or  
onecircle@verizon.net

**Public Evening    Friday,            November 4, 7:30-9:30 pm \$20**

**Intensives            Saturday,            November 5, 10:30-5 pm \$75**

**Sunday,            November 6, 2-6 pm \$60**

**All events at  
3804 Littleton Street  
Silver Spring**

**"After our hearts  
are broken open  
a thousand times  
and all of the  
contents emptied  
out, there's just  
this shining left."**



**Private sessions available.**

**Join Jeannie for silent  
and guided meditation,  
inspired words from the  
Heart, presence saturated  
inquiry and exchange  
with participants.**

**[www.jeanniezandi.com](http://www.jeanniezandi.com)**