

UNITY ON THE BAY'S OM HOUR MEDITATION SERVICE

WEDNESDAY, DECEMBER 6TH. 7:00 P.M. – 8:00 P.M.



Take a break in the middle of the week and enter that perfect place of stillness and silence at Unity's OM Hour Service. This is the perfect mid-week service.

In just one hour you get to put aside the stresses of the week as you listen to live music (a mix of Tibetan singing bowls, flute, hang drum and piano) with meditation time and a contemplative talk by Sister Jenna, Director of the Brahma Kumaris [Meditation Museums](#) in Metropolitan Washington DC and host of the [America Meditating Radio Show](#). Please join us!

Unity on the Bay, 411 NE 21 Street, Miami, Florida

Questions - 305-573-9191

The main free parking lot is located on 22nd Street east of Biscayne Blvd with additional metered street parking available in the area. The main entrance is reached through the bookstore attached to the building, which can be entered through 21st or 22nd Street.