

New/Returning Activities

New Meditation Group

Every **Thursday** (except holidays), 6:45-8:15pm, LCC

This group consists of mutually-supporting students of meditation, who are willing to share their practice and pursue their wellness even without a "teacher." At the beginning of every meeting, we discuss our plans, both long-term and session-specific, based on our own motivations and progress status. Regarding what type of meditation we practice, we are open.



Public Speaking (7 sessions)

Tuesdays, Sep. 11, 18, 25, Oct. 2, 16, 23, and 30, 7:00-8:30pm, Ewing Lib.

Discover how you can have so much fun public speaking, and why you have nothing to fear...except if you don't try it!



Kids Summer Free School (for ages 6-8)

Aug. 6-10, 9:30am-12:00pm, A Ewing location (to be disclosed to the confirmed registrants)



Forced activities, common in our school environment, would undermine true learning and intrinsic motivation. As an attempt to balance this situation, we offer sessions consisting of open-structured and kids-directed play time (just like a play date for younger kids).

Project: Build a Shed

Individually arranged time/date, A Ewing location (to be disclosed to the confirmed registrants)



We started a project of building a small play shed for children. We try to do this on our own from scratch,

although we are beginners. There is no set deadline and it may take a while. If you are interested in joining/helping us at any phase, please contact the school.

Ongoing Activities

The 12 Principles

Normally 3rd

Wednesdays (Not on Jun. 20, resumes on Jul. 18, ...), 7:00-8:30pm, Lawrence Lib.



For creating true abundance in all the areas of your life, centering on the work of Dr Steven Covey, Don Miguel Ruiz, and Michael Cavallaro. Activity web site: <http://the12principles.blogspot.com/>

About the Mercer Free School

The school was launched in March 2010. We are located in/near Mercer County, NJ and share our *self-motivated learning experience* without worrying about money. We believe that learning occurs most effectively when we are *intrinsically* motivated, not when *extrinsically* motivated, e.g., by rewards, punishments, and competitions. For more information, please visit our home page at <http://mfs.insi2.org>

