

free

meditation

Everywhere you look these days; major magazines, talk shows, public broadcasting, web media..... all are touting the benefits of meditation!

It's simple and easy to meditate. We sit comfortably, breath comfortably and meditate comfortably.

Learn how to do it and how to integrate meditation into your daily life. Experience benefits of meditation - restful awareness - during your first session.

Each 1 hour class unfolds like this:

- Introduction
- Basic breathwork
- Guided meditation
- Silent meditation
- Questions and answers

What's holding you back? Too many thoughts? Too little time? Conflict with beliefs?

Come, discover the answers for yourself.

discover ways to:

reduce stress

increase creativity

improve vitality

lower blood pressure

feel well

be balanced

manage emotions

experience calmness in yourself and your surroundings

shift your awareness to peace, harmony, and compassion

look vibrant

feel relaxed

benefit from the power of your breath

tap into your limitless potential

Dress comfortably

Wednesday's

5:30 - 6:30 pm

CORE Pilates & Yoga

The Courtyard Building
3rd Floor Suite 306
32 Office Park Road
681-4267

Meditation leader, Patte Ranney, studies at Chopra Center University in Carlsbad California.

She will be certified as a Primordial Sound Meditation instructor in November 2011. The meditation technique offered in these sessions is based on ancient wisdom traditions integrated with the principles of Dr. Deepak Chopra's Seven Spiritual Laws of Success.

