Learn how to create peace in life.

A practical workshop to give you tools and techniques for establishing your ongoing meditation practice.

**Soulful Meditation**

*Soulful Meditation is an Introduction to Meditation*

Open your heart and increase joy.
Meditating can help you:

* take charge of life
* reduce stress
* reduce anxiety
* positive emotions
* create more compassion
* relieve pain
* improve memory
* focus
* create more compassion

Starting January 12, 2017

**Thursdays**

9:45 am – 10:30 am