

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



*Learn how to create **peace** in life.*

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

Starting January 12, 2017

Thursdays

9:45 am – 10:30 am