

THE SWEETNESS OF MEDITATION

A New Weekly Class
with Shyama Lozier

Meditation done properly will quiet the mind. When our “thinking” softens, anxiety and stress decrease and make room for feelings of Peace, Calm, and Deeper Well-being. This series is suited for both beginning and experienced meditators.

Tuesdays, March 5th, 12th, 19th, & 26th

12:00pm - 12:45pm

In the Conference Room • Free to members • Guest fees apply

Shyama has been practicing for over 40 years. After living in India for over a decade, she formally trained and certified as a Yoga & Meditation teacher. She loves teaching meditation, and is looking forward to doing so here at the Airport Club.



Sign up at the Service Desk in person or call 707.528.2582