



LEARN TO MEDITATE

A simple practice that will make you feel way better

◆ ◆ ◆ ◆ WITH SHYAMA BLAISE ◆ ◆ ◆ ◆

Meditation will quiet the mind. When our 'thinking' softens, anxiety and stress decrease and make room for feelings of peace, calm, and deeper well-being.

DURING THIS CLASS YOU WILL:

- Learn to Meditate in a comfortable position
- Learn deeper & more profound reasons to meditate
- Use supportive breathing exercises
- Experience peace & stillness

WEDNESDAY, SEPTEMBER 18TH | 11:15AM - 12:00PM

Class is intended for Seniors. Other adults are welcome.

WEDNESDAY, SEPTEMBER 25TH | 6:00M - 7:00PM

Class is designed for adults of all ages.

In the conference room • Free to members • Guest fees apply

Shyama has been practicing meditation for over 40 years. After living in a Hindu Spiritual Community for over a decade, she formally trained and certified as a Yoga & Meditation Instructor. She loves teaching meditation, and is looking forward to doing so here at AHC. This class is suited for beginning and experienced meditators.

SIGN UP AT THE SERVICE DESK IN PERSON OR CALL: 707.528.2582