



Learn To Meditate

Make your heart happy



Designed for Children from 1st through 5th grades.

with Shyama Blaise

Nobody is too young to learn how to meditate if they are curious and interested! Meditation will help quiet the mind, bring more peace, and increase overall happiness.

Saturday, September 14th | 9:00am - 9:45am

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.

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