



LEARN TO MEDITATE

◆ ◆ ◆ WITH SHYAMA BLAISE ◆ ◆ ◆

Meditation quiets the mind and calms our nerves. When 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
- Experience peace & stillness
- Use supportive breathing exercises (& some movement)
- Learn deeper & more profound reasons to meditate

Suited for all levels of experience, this is an ongoing class held monthly. Ages 13 and older are welcome to participate!

JANUARY 8TH, FEBRUARY 5TH, MARCH 5TH & APRIL 2ND
WEDNESDAYS FROM 6:00PM - 7:00PM

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

Shyama has been practicing meditation for over 40 years. After living in a Spiritual Community for over a decade, she formally trained and certified as a Yoga & Meditation Instructor. She has been teaching here in Northern California for almost 30 years.

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