



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
- Use supportive breathing exercises (& some movement)
- Experience peace & stillness
- 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!

WEDNESDAY, JUNE 4TH
FROM 6:00PM - 7:00PM

**THERE WILL BE NO MAY MEETING OR SUMMER MEETINGS.*

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