



Wellness Sessions

Growth through Meditation



Meditation is an important technique in helping us reach a state of profound, deep peace which occurs when the mind is calm.



We will cover various techniques such as walking meditation, mindfulness eating, visual meditation and more.



These techniques have physiological, psychological and spiritual health benefits.



This dynamic and interactive learning session ends with a gentle relaxation massage that includes back, head, shoulders and hands.

Place: _____

Date: _____ **Time:** _____



Space is limited. For more information please contact:

