

MEDITATION CLASS

Relieve Stress, Learn Wellness Practices, Become Mindful

Come join Prof. J. Forrest Young, author of *Zen and the Art of Psychology*, and *The Gaping Hole in the Universe*, for a new meditation class for beginners and current practitioners alike.

Location: Chain O' Lakes Complex

Day: Wednesday, starting Feb. 1

Time: 7 – 8 p.m.

Ages: 18 and older

Fee: \$5 Resident, \$6 Non-resident

For more information, please call 291-5656.



Awakened Spirit Meditation



Awakened Spirit Meditation™ An introduction to the art of meditation, this course provides the opportunity to practice meditation in a supportive setting with practical instruction, guidelines and advice for anyone wishing to bring meditation into their life.

- *Meditation techniques allow your mind to settle and experience tranquility*
- *Achieve pure awareness, or peaceful consciousness*
- *Your body will experience relaxation*
- *This practice is great for stress reduction and obtaining balance in your life*
- *Learn to be mindful and to better focus on the essentials of life*