



WANT TO LEARN HOW TO RELAX?

Meditation Workshop

Hosted by Joan Binder, RYT 250, Yin Certified

You are much more than your thoughts. Explore the practice of meditation. Learn how to prepare with movement, breathing practices, and imagery to relax the body and calm the mind. Turn your mind inward to a quiet and peaceful space that is always available to you. Use mantra or another inner focus to keep the mind still. Whether the benefits are physical (stress release, improved sleep, heart health, aids digestion), mental (less anxiety and depression, mindfulness, better focus, self-control), or spiritual (self-awareness, an interior life, presence, intuitive knowledge, joyful bliss),

Everyone is a beginner each time we sit down to meditate. Join like-minded people to share in this ancient practice. Wear warm, comfortable clothes. If you need to wear shoes, make sure the soles are rubber to protect the floor.

18 and up

Tues, June 21

6:30-7:30 pm

Grand Ave Dance Studio

Max 12

[Register here.](#)

