



Intro to Meditation by Jazell

3 Sundays: Sept 30 - Oct 14th

Investment \$54

The introduction to meditation series is for anyone who is interested in learning how to meditate, regardless of background or beliefs. Some of the techniques will teach you how to sit comfortably, breath-work (pranayama), progressive anatomical relaxation (yoga nidra), sacred words, and much more. The classes are designed both as a series and as stand-alone classes, so you can attend any class even if the series has already started. Make a commitment to your mind, body and spirit.

- Relax your Mind
- Reduce Stress & Worry
- Sharpen Concentration
- Tune-in to your Inner-Self
- Cultivate Patience
- Feel more Energized
- Overcome Negative Thoughts
- Gain Clarity to Solve Problems