

The Power of Meditation: 8-week Gentle Introduction



Insight Learning and Wellness

Tuesdays: 2/7/17-3/28/17, 7:30pm-9:00pm

Mondays: 4/3/17- 5/22/17, 7:30pm- 9:00pm

Do you long for a deeper sense of quiet and calm? Then join this class to learn a powerful and tender way to bring more serenity and peace into your regular daily routine.

This unique 8-week class format will:

- Allow you to ***experience*** various meditation styles
- ***Present information*** on evidence of the benefits of meditation on the brain, explore meditation for kids, stress management, history of meditation and more
- ***Give you practical tools*** to gently start your own daily meditation practice at home

By starting small and allowing your meditation practice to grow naturally, it will affect many different areas of your life in a positive way.

Please bring a blanket, pillow and journal.

Register: (216) 765-4470

Address: 25901 Emery Road #112, Warrensville Hts, OH

Cost: \$120 Series; or drop in \$20/class

Instructor: Anja Sassenberg-DeGeorgia

Life Coach and Certified Meditation Teacher