REDUCE STRESS THROUGH MINDFUL MEDITATION
6-WEEK WORKSHOP

DATES:
TUESDAYS
APRIL 30 TO JUNE 4TH

HOURS:
7PM – 8:15PM

PRICE:
$99
(6/WKS)
OH-WELLNESS MEMBERS
$60
(6/WKS)

LOCATION:
NORTH CAMPUS FITNESS ROOM # 2

If you are curious about meditation and what it can do for you, then this 6-Week Workshop is the right place to begin your mindfulness journey. You will learn to enjoy the many benefits of Mindful Meditation.

Mindfulness is about having more awareness in the present moment and about being less in the past and in the future. It is about having a gentle and nonjudgmental curiosity about yourself. It is about learning different ways to focus and develop your own wisdom. The meditation techniques you will learn in class will help you to develop skills in concentration, equanimity and clarity -- resulting in reduced stress, more happiness, self-knowledge, and a more balanced relationship between your thoughts, emotions, mind and body. You will feel renewed, refreshed, and ready to move forward with a lighter step!

Jeanne Townsend is an accomplished meditation coach who teaches classes for Glendale Community College and other local studios. Jeanne began her meditation journey over thirty years ago with Transcendental Meditation. She has studied Mindfulness Meditation by a well-respected teacher named Shinzen Young. We are very excited to invite her calm presence into our organization. Just her presence emits positive energy.

TO REGISTER PLEASE VISIT
OH-wellness.org (REGISTER ONLINE HERE)
SELECT ONLINE STORE / SELECT WORKSHOPS

FOR MORE INFORMATION
PLEASE CALL
JESIKA
(818) 415-1712

To learn more about Jeanne Townsend please visit Mindfulpathmeditation.com