

Meditation Series

at the Corrales Community Library



From Mindfulness to Mantras

Learn to Meditate
Refresh Your Meditation Practice
Explore a Variety of Meditation
Techniques

Reduce Stress - Increase Calm

Would you like to explore meditation? Reduce your stress level? Be less reactive and more responsive? Have you been a crisis meditator and want to establish a stronger practice?

Cheryl has over 30 years meditation experience and has trained with davidji, an internationally reknowned meditation teacher.

In these four sessions we will explore three types of meditation, giving you a chance to find what works for you. Previous attendees can attend again to solidify their practice and learn new methods.

Benefits of meditation include:

- ▶ reduce stress, increase calm
- ▶ lower heart and breathing rate
- ▶ lower blood pressure
- ▶ improve sleep
- ▶ more concious decision making
- ▶ improve immune system

After each session you will get an audio recording so you can practice at home.

When: March 3rd, 10th & 17th, & 24th

Where: Corrales Community Library

Time: 4 - 5:15 PM

Questions or to Register email:

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Beginners welcome