

May Meditation Series

at the Corrales Community Library



Energy

Breath Work and Meditations
on creating, harnessing and
focusing your energy

May is for Momentum

Meditation can help you gain momentum by building and focusing your energy with purpose.

In these *three* Thursday sessions in May we will explore breathing and meditation methods that help us recognize our energy sources and experience creating energy from within.

Begin or refresh your meditation practice with some unique meditation skills.

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

Benefits of meditation include:

- lower heart and breathing rate
- reduce stress, increase calm
- lower blood pressure
- improve sleep
- more conscious decision making
- more energy

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

When: THURSDAYS

May 7th, 14th & 21st

Time: 4 - 5:15 PM

Where: Corrales Community Library

Questions or to Register email:

cheryl.lackie@comcast.net

Beginners welcome