

Fall Meditation Classes

Mindfulness, Mantras, Loving Kindness, Chakras

There is no fee or charge for these Meditation Classes.

- Have you wanted to learn to meditate but didn't know how to get started?
- Have you wanted to learn some different techniques for meditation to find one or two that suit you?
- Find a technique that helps you reduce stress, find calm, stillness, relaxation and restore your balance.
- Want to recharge your meditation practice?
- These techniques draw from the universal wisdom and practices of several sources and are not focused on a specific religious or spiritual practice.
- You can come to one or all of the sessions. The sessions will be repeated in October so if you miss one in September you can catch it in October. *Please register in advance.*

Schedule - September

Tuesdays 4 PM

Date/Time	Meditation Type
Tuesday, Sept. 8th: 4 PM	Body Scan
Tuesday, Sept. 15th: 4 PM	Mantra
Tuesday, Sept. 22nd: 4 PM	Loving Kindness
Tuesday, Sept. 29th: 4 PM	Chakra

Schedule - October

Tuesdays 4 PM

Date/Time	Meditation Type
Tuesday, Oct. 6th: 4 PM	Body Scan
Tuesday, Oct. 13th: 4 PM	Mantra
Tuesday, Oct. 20th: 4 PM	Loving Kindness
Tuesday, Oct.. 27th: 4 PM	Chakra



Classes are taught by Cheryl Lackie a certified meditation teacher with over 30 years meditation experience. Her teacher, davidji, is an internationally renowned eclectic meditation teacher.

For questions and to register contact:
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