



# Meditation for Challenging times With Trinity Skrine

Join Trinity on Friday Feb. 24 from 7-8:15  
Cost \$20

Learning to meditate is the other side of Yoga.

Using meditation in challenging times is one of the key things  
you can do to be calm, level headed and aware.

You will learn what meditation is and isn't  
How to properly sit for your body  
What to think about  
How to focus

Red Lotus Yoga  
1901 E. Big Beaver Rd.  
Troy

Register online at  
[redlotusyoga.com](http://redlotusyoga.com) or call  
248-509-7957