

The Airport Health Club  
Members and non-members are welcome!  
432 Aviation Blvd., Santa Rosa (Studio 4)  
Tuesdays, 6:00 - 7:30 PM  
Oct. 2, 9, 16, 23, 30 & Nov. 6

6 Sessions  
\$395  
Register Now!

# Meditation for Pain Management

DASA Meditation – Celebrating 43 Years

**REGISTRATION IS LIMITED**  
Adults 18 +

*"I didn't think meditation was for me. After just a few weeks of practice, I was able to sleep deeply for the first time in years." —Allison B.*

## What will you gain?

This six-week comprehensive pain management program teaches the principles, benefits, and practice of "meditation as a lifestyle." Attendees are introduced to research-based methods designed to lessen pain. These valuable life-enhancing tools include meditation, breathing techniques, mindful living, visualizations, positive self-talk, and best practices for improved sleep.

*"After a few sessions, meditation began to feel amazing. It calms me. I feel peaceful and optimistic." —Russell G.*

## Why a six-week program works?

- Designed to gradually introduce new pain management and stress-reducing techniques into your daily routine
- Each week builds greater self-care and self-awareness
- Gain measurable results and significant progress in managing your chronic pain
- Improve your physical, mental, and emotional wellbeing
- Learn to modify negative behaviors that impact your physical and emotional health
- A variety of supporting mind/body wellness concepts add value, making this meditation course a positive life-changing experience. Don't delay — space is limited!

## About

**Lorraine Alexander** first began to meditate at the young age of 15, and has since lived a life infused with meditation. As a second-generation DASA Meditation instructor and trainer, she shares this profound and deeply effective wellness program inspired by her own experience with chronic pain.

In the summer of 2017, Lorraine designed and taught a six-week meditation program for patients suffering from debilitating injuries and chronic pain for NCFRP, a division of Pain & Rehabilitative Consultants Medical Group, and a CARF accredited Center of Excellence.

**Register now at Brown Paper Tickets**

<https://www.brownpapertickets.com/event/3595870>

Email questions to [info@DASAmeditation.org](mailto:info@DASAmeditation.org)

or call (707) 620-5070

*Meditation is practiced sitting upright in a chair. Those in severe pain can lie down on a yoga mat. A lotus position is optional. See details on Brown Paper Tickets.*