



For: Adults

Winter/Spring 2019
7:00—8:30 p.m.

Wellness Wednesdays

January 16: Ditch the Diet New Year's Resolution!

Jodi Baretz, psychotherapist and holistic health coach, will share mindful tips and techniques to change your mindset, combat stress, and foster self-acceptance so you can live a happier and healthier life.



February 6: Relax and Restore with Sound Meditation*

Experience a sound journey with Harmonic Alchemy duo Dr. Celine Daly and Julie Harris. Vibrations from their singing bowls, gongs, drums, and flutes will soothe and help you recalibrate.

February 27: Mindfulness as a Tool for Stress Management and Self-Exploration

Laurence Magro (MBA & MS) will introduce you to Mindfulness and how this practice may positively impact all aspects of your life. Magro holds a Teacher Certification in MBSR (Mindfulness Based Stress Reduction) from the University of Massachusetts Medical School.



March 13: Relax with Reiki

Join Andrea Deierlein for a conversation about Reiki, a natural healing practice from Japan that brings balance to body, mind, and spirit. Mini Reiki sessions will be available after the introduction.

100 Martine Ave. | White Plains, NY 10601 | 914.422.1480

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March 27: Deep Relaxation Sound Bath and Mindfulness Meditation*

Experience and enjoy a soothing, immersive sound meditation with exquisite crystal bowls and gongs, Tibetan and Himalayan bells, rain sticks, ocarina, and other instruments. Presented by Daniel Lauter, Integrative Sound Therapist.



April 10: Sound Healing & Tibetan Singing Bowls*

Explore the ancient, restorative potential of Tibetan singing bowls. Michelle Clifton, Master Sound Healer and massage therapist, shares an experience of beautiful sounds that can calm the mind and release tension.

Registration is recommended, but not required;

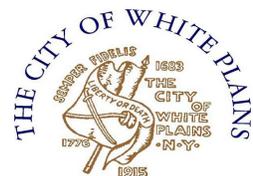
to register, visit our online calendar or call the Hub Desk at (914) 422-1480.

*For the three Sound Meditation programs: Bring a yoga mat or blanket if you wish to lie on the floor; chairs will be provided for those who prefer to sit.

Questions? Contact Christiane Deschamps at (914) 422-1496 or cdeschamps@whiteplainslibrary.org.



This program is sponsored by



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