

Meditation 101

Quiet Your Mind

Experience a Deep Sense of
Peace & Contentment

Thursdays 6:30 - 8:30 pm
October 30, November 6, November 13
Onsite & Online

~ **For new and experienced meditators** ~

- On day one, learn to meditate
- Learn new skills the next two classes
- Learn to sit comfortably and settle your mind
- Develop a consistent and rewarding practice
- Receive coaching and answers to questions
- Already meditating? Give your practice a real boost



\$90 ~ Contact us to register



Taught by Phil (Krishna) Milgrom, CSYT

A certified meditation teacher, Phil has studied since 1997 with the founder of this meditation practice, Swami Nirmalananda, a meditation master. He teaches with compassion, humor and inspiration, making ancient wisdom accessible for dealing with the stress and turbulence we face today.

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