



PEACHTREE HILLS PLACE®

AN ISAKSON LIVING COMMUNITY

Meditation Mondays



Join us weekly for Meditation Mondays at PHP, where you will learn a variety of stress-relieving techniques that can be used in your everyday life. No prior experience, skill or talent is needed, just a desire for greater happiness and peace. From breathing techniques, meditation, and guided imagery, you will take away skills to use yourself outside of the classroom.

Mondays at 4:00 PM

Beginning Monday September 13th

Classes will be taught by Amy Sullivan and will meet in GR 3.