



Meditation Classes Now Forming!

Start the New Year with the New You! 6 Week Meditation Program
Intimate groups of 8-10 are now forming! Day and evening classes available.
Seating is limited, so register now!

**Starting Thursday, January 11th 6:30-7:30pm
and Saturday January 13th 10:00-11:00am**

Quieting the mind isn't always so easy, is it? They say we already possess all the answers we need inside. So how do we access that part? Meditation is the key!

Learn about the many health benefits and how you can incorporate meditation into your life. Experience a guided meditation each time we meet. As we practice together, you will notice the positive effects meditation has on mind, body and spirit. You may just want to start a life changing meditation practice of your own! Topics for our meditation gatherings include;

**Making the Mind-Body Connection
Being Heart Centered
Creating a stronger Connection to Spirit**

Make sure to bring a journal to record the unfolding of your personal journey! To Register please email me at bweiss@VillageHolisticHealing.com or visit www.villageholistichealing.com

6 Week program. Each class \$25

Location: **Village Holistic Healing** at the **Village Counseling Center**
416 Teague Trail, Lady Lake FL