



Meditation for Life



Whether you have never meditated or whether you are
An experienced practitioner... come and join in...

Benefits of Meditation:

Lower stress
Lower blood pressure
Deeper connection to Self
More energy, More health

Wednesdays

Afternoons 1:30 to 3:00 p.m.
Or evenings 7:00 to 8:30 p.m.

Ray Landry—Facilitator/Teacher

Please call ahead to let us know your plans to attend!
675-1596 ext 240 (Patience)

Live Your Best Life
