



**SESSION BASED
MARCH 10/17/24/31**

LEARN TO MEDITATE



**4 WEEKS
MONDAYS
AT 1:00PM
IN PALOMA
WITH KATHLEEN BELL**

Kathleen Bell RN, Advanced Holistic Nurse, Certified Meditation Specialist, Usui Reiki Master. Meditation is a conscious state of mind that has focus. In this beginners class you will learn breathing techniques that work naturally to relax and connect the mind and body, how to build a supportive posture for comfort in seated meditation, and systematic relaxation techniques to achieve a focused state of awareness with many proven health and wellness benefits. Classes include exploring ways to progress in meditation practice, guiding intentions and group meditation. Wear comfortable, non-restrictive clothing in layers and bring socks/slippers. Personal meditation cushions or benches are welcome, chairs will be available. Class manual may be purchased from instructor (\$10)
NOTE: It is best to meditate on an empty stomach.

\$40 SESSION BASED CLASS:

participants can sign up at DV Fitness Center or online and will be charged via member charge