

Introduction to Mindfulness Meditation



**Saturdays this Fall
12 to 1:30 pm
\$10**

**September 25th
October 9th
October 23rd
November 13th**

Pre-registration and tuition necessary, at least 48 hours in advance. Take just one, or for most benefit, take the entire series.

Space limited to 12 participants.

No prior experience with meditation expected or needed, though practitioners from all traditions are welcome.

Chairs, as well as cushions and mats, provided.

Happy, Healthy, and Free— One breath at a time

Classes led by Chris Warner (M.Ed., E-RYT)

Śānti Yoga studio, 10 Hovey's Pond Drive, West Boxford. Near the Brooks School, on the North Andover line.

Contact Chris for more information or to register to attend: (978) 352-8787 or practiceforacure@yahoo.com

Off-site visits (home, office, hospital, etc.) also available.

www.practiceforacure.org