

Meditation Classes



Modern science has shown again and again how even a “not so good” meditation practice improves the health of the body and calms the mind.

***Meditation is for everyone,
especially those who say they can't do it!***

*Integral Yoga is offering a six week
Meditation class series.*

*We will discuss how to prepare for Meditation,
How to handle obstacles that come up, as well as
practice a variety of Meditation techniques so
you can decide which one is best for you!*

Tuesdays: September 5, 12, October 17, 24, 31

6:15pm - 6:45pm

\$45 for series, **\$10** per class

Please pre-register by calling 201-796-7585