

The Early Bird Catches The Meditation

with Maureen Shortt, Yoga Director

Tuesdays 6-8am

August 10th, 17th & 24th

(This is the last meditation training this summer)

Meditation has been proven to improve so many physical, mental, and emotional imbalances, by every authority from the American Heart Association, to the National Institutes of Health, to the American Medical Association, to the American Psychological Association.

All YOU need is the proof of your own greater happiness and health!



\$149 if registered by August 5th (\$159 after)

Register at the front desk