

Meditation Class

It's Easier and Better Than You Think

For novices and returnees alike: learn and practice.

Sundays, March 4, 11, & 18 ~ 10 am to noon

Sit comfortably still.

You can and you will.

Quiet the chatter of your mind.

You can and you will.

Experience the essence of Self

You can and you will.

Find serenity, strength, energy, and joy.

You can and you will.



"This class surpassed my expectations... It was well worth the time and gave me something worthwhile to work toward." ~ Tom C., West Brookfield

"This is a great way to be introduced to meditation." ~ Karen L., Ware

"This class helped me look at the practice of meditation differently and to realize I can do it. I sleep better now and am able to be more present."
~ Carla W., Palmer

"This class will change your life." ~ Brian M., Ware

Fee: \$75 (\$60 for repeat) ~ Registration requested

THE CENTERED PLACE YOGA STUDIO

286 BRIDGE ST. WARREN MA
413 436-7374

WWW.THECENTEREDPLACE.COM