



36 MOORE STREET
BRISTOL, VIRGINIA 24201
WWW.BRISTOLHEALINGARTS.COM

Stressed out? Need to relax?
Learn some helpful techniques at our

Introduction to Meditation

Sunday, November 29, 2009
2:00 – 4:00 PM

Cost: \$25 or \$15 for Seniors over
65, students with ID and previous
participants

The most direct way to experience inner silence and well – being is meditation. As scientific research shows, when you meditate, your breath slows, blood pressure decreases and stress hormone levels decline. Let us show you how to find that quiet space within.

- What is meditation and why should I meditate?
- Sitting position options
- Breathing
- Chakras, mantras, chanting...what are these?
- How to create and use a mantra
- Experience a “Guided Imagery” meditation recording by Deepak Chopra
- Inner Smile Meditation
- Discussion – Q & A



Reserve your space NOW! Call the Healing Arts Center at 276-466-4183.
Workshop taught by Kathy Fisher and Dolores Champagne.