



36 MOORE STREET  
BRISTOL, VIRGINIA 24201  
[WWW.BRISTOLHEALINGARTS.COM](http://WWW.BRISTOLHEALINGARTS.COM)

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

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

## Introduction to Meditation

Monday, October 19, 2009  
7:00 – 9:00 PM

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



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