

Introduction to MEDITATION and the Power of Your Mind

DESCRIPTION: Practiced for thousands of years, meditation is a tool for re-discovering the body's own inner intelligence.

It is a powerful tool for enhancing vitality, tranquility, and mental sharpness.

In this class you will:

- learn the basics and "how-to's" of meditation
- learn the many benefits of meditation, so you are motivated to keep with it.
- learn how meditation fits into the process of creating positive change
- learn why and how meditation accelerates personal growth
- experience additional teachings on cultivating confidence, self-esteem, a positive self-image, and self-worth.
- learn why meditation empowers you to change your thoughts and therefore change your life.
- be empowered by understanding the strength of a clear, focused mind and how to get one.

Why meditate?

Dec 12 9-10:30 AM

Meditation helps:

- o Manage stress & reduce anxiety
- o Improve your relationships
- o Enhance your sleep patterns
- o Create inner peace
- o Lower your blood pressure
- o Connect more deeply to spirit



About our presenter:

Charlotte Cressey is an animal liberation activist and educator, 20-year vegan, creator of Earth Energy Yoga®, a certified Chopra Center Meditation Instructor, lover of life, and enthusiast for the many benefits of a vegan lifestyle. Charlotte believes in the revolutionary power of love. She helps people create positive transformation in their lives in service of a larger goal to create a peaceful, harmonious existence for humans, animals, and the Earth. Connect at www.CharlotteCressey.com