



MEDITATION AND MINDFULNESS

The Path to greater Self-awareness,
Thoughtfulness, and Stress Reduction

Mindfulness and meditation has become main stream -- it is no longer a cloistered activity by some ascetic on a mat. It is something that everyone can engage in anywhere, any time. No preparation, equipment or special attire is needed. You come as you are, and learn how you really are.

The benefits of Meditation are well published, and include:

- Stress and anxiety reduction
- Enhanced focus and heightened concentration
- Deeper and longer attention spans
- Greater confidence
- Increased energy and creativity
- Improved relatedness and more patience
- Accelerated healing
- Better all round health

We are offering you and opportunity to sample six weeks of Mindfulness and Meditation sessions, twice a week, for one hour each?

No preparation is required

No equipment is required

It is provided at the optimal time/s and place of your choice each week

Each hour includes:

- Ten minutes of orientation and relaxation
- Twenty minutes of meditation
- Twenty minutes of mindfulness explanation
- Ten minutes of group discussion
- Exercises and easy-to-read articles provided, if interested.

Leader: Annabel Beerel, PhD



For Information or registration, please contact: abeerel@comcast.net (cell) 781-771-5663