

Meditation Class

Experience the benefits of meditation,
inner peace, health and spiritual awakening.

20 minutes lecture and discussion

Participants will learn the basics, benefits, variety of ways to meditate and will be able to discuss areas of concern, common obstacles and ways to improve meditation practice.

30 minute guided meditation

Mary will lead a guided meditation with different themes each week. They will be designed to promote inner peace, physical well being, spiritual guidance and inspiration.

20 minutes of process and discussion

Participants will be able to talk about their experience, set goals for their practice during the week and discuss what they are learning.

Weekly class for beginner to advanced

Wednesday evenings 7:00 p.m.

\$15

Led by Mary Canane, LMHC

Catherine Reiss, LCSW

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Please call to register 561-301-5355

space is limited

