

## Meditation for Adults & Children

Meditation is you Exploring you  
It Is Inner Harmony

Aligning the balance of Body and Sprit

Relaxing, being in your center, and knowing your own information  
it creates wellness, self confidence, enthusiasm, and creativity

Meditation

Relieve stress, restore peace of mind and balance  
that improve both your physical health and mental well-being

In the next 4 weeks you will learn:

- ~ What is Meditation ~
- ~ What energy is ~
- ~ Release energy that is not yours ~
- ~ Replenish yourself with your own energy ~
- ~ What auras are ~
- ~ How colors may affect you ~

Please Join Us

### Open House

- Tuesday **January** 19th, 2010 12:30 ~ 1:30
- Tuesday **January** 26th, 2010 12:30 ~ 1:30
- Tuesday **February** 2nd, 2010 12:30 ~ 1:30
- Tuesday **February** 9th, 2010 12:30 ~ 1:30
- Wednesday **February** 10th, 2010 12:30 ~ 2:30
- Thursday **February** 11th, 2010 12:30 ~ 1:30

(Ages 3 & 4)

Begins

February 16th, 2010  
Tuesdays 12:30 - 1:30pm  
\$60 for 4 weeks classes  
+ parking \$2.00 each wk

Adult Meditation

Begins

January 13<sup>th</sup>, 2010  
Wednesdays 12:30 - 2:30pm  
\$100 for 4 weeks  
parking \$2.00 each wk  
Next class begins  
February 17th, 2010

(Ages 5 & 6)

Begins

January 14<sup>th</sup>, 2010  
Thursdays 12:30 - 1:30pm  
\$60 for 4 weeks classes  
+ parking \$2.00 each week

Here at Dockweiler Youth Center 12505 Vista Del Mar, El Segundo