



“MASTER YOUR MEDITATION PRACTICE” **A DIVERSE APPROACH TO MEDITATION!**

This class is perfect for beginners, as well as individuals seeking to deepen their existing meditation practice.

In this class, you will design a custom practice that works best for you, and enjoy the countless benefits of meditation, such as:

- Reduced stress, anxiety and depression
- Enhanced physical, mental and emotional well being
- Improved sleep, creativity, alertness, concentration and decision making
- Increased patience, compassion, self-awareness and self-control

A wide range of meditation tools will be shared, allowing you to explore and create a personal meditation practice, based on your unique preferences and goals! A sampling of methods presented includes:

- Breathwork, Mindfulness, Brain-Heart Coherence, Body Scanning, Mantras,
- Guided Visualizations, Quantum Access, Neuroplasticity and more!

“MASTER YOUR MEDITATION PRACTICE”

Monday Evenings - 7:00-8:30 via Zoom
\$25 Venmo to “Lynn-Pridmore” last digits “7771”
Zoom link provided upon payment
Join us weekly or as your schedule allows!

**Contact Lynn Pridmore at Lynn@SpiritHealingAndWellness.com or
201-572-7771 for additional information. www.SpiritHealingAndWellness.com**