

MEDITATION 101

Quiet Your Mind

Experience Deep Peace

Develop a successful meditation practice in just 3 weeks

Friday February 12, 19 & 26 ~ 7:00 to 9:00 pm

~ **For new and experienced meditators** ~

- Learn to sit comfortably for meditation
- Learn to meditate in the first class, and learn new skills each week
- Develop a regular, daily practice that rewards you deeply
- Receive coaching and answers to your questions
- Already meditating? Give your practice a jumpstart and find deeper dimensions within

"This was life changing. I have been searching for something to make my life more centered, balanced and calm. Meditation is the answer." ~ S. Peterson

\$90 onsite /\$75 online ~ Please register



Taught by Phil (Krishna) Milgrom, CSYT

A certified meditation teacher, Phil has studied with the founder of this practice, a meditation master, since 1997. He teaches with compassion, humor and inspiration. He makes ancient wisdom accessible for dealing with the stress of modern life.

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