

# MEDITATION: DEEP & EASY

## Find What You Have Been Looking For



**Three Thursdays 5:00 - 7:00 pm**  
**March 2, 9, 16 - Onsite & Online**

~ **For new and experienced meditators** ~

- On day one, learn to meditate in a new way and learn new skills each week after
- Beyond mindfulness, experience the heart of who you are — your divine essence
- Meditate with your teacher: diving deeper gets easier
- Receive coaching and answers to questions
- Develop a regular and rewarding daily practice
- Already meditating? Give your practice a jumpstart and new dimensions
- Enjoy the many benefits of meditation for the rest of your life

\$90 onsite /\$75 online /Repeaters take 10% off ~ Contact us to register



### **Taught by Phil (Krishna) Milgrom, CSYT**

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

**THE CENTERED PLACE YOGA STUDIO**  
286 BRIDGE ST. WARREN MA ~ 413 436-7374  
**WWW.THECENTEREDPLACE.COM**