

# MEDITATION MADE EASY

## If Fido Can Do It, So Can You!



**Thursdays 3:00 - 5:00 pm,  
February 17, 24 & March 3**

Meditation is the ultimate practice:

- Quiet your mind
- Reduce stress
- Experience peace and a greater sense of well being
- Improve your memory and concentration
- Sleep better
- Find what you have always been looking for and more

From day one, you learn how to sit comfortably, on blankets or a chair, and learn how to meditate. Each week you learn new techniques to quiet your mind and experience your divine essence.

*"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 /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, 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.

**THE CENTERED PLACE YOGA STUDIO**  
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