

# MINDFUL AWARENESS OPEN MEDITATION

Beginning October 2015

Sundays 7 – 8 PM

Beginner and Experienced Meditators Welcome (Ages 16 and up)

This is a donation based class. \$5 suggested donation.



To be physically healthy we must exercise, eat healthy foods and drink lots of water. Now, we know to be mentally healthy we must care for our minds. Meditation, when practiced regularly can lower blood pressure, ease depression, anxiety, chronic pain and nourish our minds in everyday life. By making friends with your mind through meditation you can begin to see how you react to stimuli, whether it be negative or positive.



*Yoga as it should be*

Practice will include Guided, Silent, Walking and Loving Kindness meditation. To register, plan a workshop or for more information contact Heather Forsythe, ERYT 200 Meditation for Adults and Children; [karunayoga1@hotmail.com](mailto:karunayoga1@hotmail.com)

Mindful Awareness Open Meditation held at Yoga in Sewickley,  
[www.yogainsewickley.com](http://www.yogainsewickley.com). Check the schedule for dates.

[Yoga in Sewickley, 427 Broad Street, Sewickley, PA. 15143, 412-616-9791](http://www.yogainsewickley.com)

~Mindful Awareness 4 Week Fall Session~ Sundays, September 6<sup>th</sup> – 27<sup>th</sup>, 7 – 8pm  
See additional flyer for information