



MEDITATION 101

Learn to Meditate

This program is taught in four weekly 1 ½ hour sessions. Participants learn how a simple practice can help reduce stress, bring clarity to the mind, and cultivate care and compassion toward oneself and others. Class will cover the different meditation styles, meditation myths, and the importance of formal and informal practice. This series is experiential—a journey through the breath, the mind, the body and Self. The goal of this four-week series is to generate enough enthusiasm that participants feel compelled to further explore meditation and mindfulness.



Carmen is a certified teacher in both meditation and yoga. She has been practicing these ancient traditions for most of her adult life and is passionate about weaving these practices into her daily activities as an effective means of improving health and overall well-being. Carmen unveils the mystique behind meditation and yoga, bringing true clarity and practical everyday application for daily living.

Carmen Rose | Yoga Inward | www.yogainward.com

DATES

Tuesdays (4-class series)
May 7-28 2019
Time: 4-5:30pm
\$ 135

REGISTER

Space is limited.
Book online at
www.YogaInward.com
or call
805-296-1287

WHAT TO BRING

Come with a
beginners' mind and
be open to new
possibilities. Wear
comfortable clothing.

LOCATION

Still Waters Vineyards
2750 Old Grove Ln
In the Cabin
Paso Robles, CA
www.stillwatersvineyards.com