

YLS Meditation Class
taught by Shanti Lemaire
Wednesdays
24 February - 31 March
7pm - 8:15pm
Rutherford Adult School
56 Elliott Place, Rutherford, NJ
To register, call (201) 933-2233 by 16 February
\$75/6 week session

Meditation practice is a simple and profound way to experience peace in our daily lives. It allows us to let go of our hectic schedules and experience deep moments of relaxation, which can then restore energy, health and awareness to let us live a more meaningful and fruitful life.

During this six week course we will learn various methods of focusing the mind, to become calmer, clearer and more centered. Breathing techniques, sound, visualization, gazing and other practices will be explored.

A steady more focused mind can benefit us in making better decision in life, creates better relationships, and leads to a more productive life.

JoAnne Lemaire is a certified Meditation Teacher. A lifelong resident of Rutherford, she has been a student of Yoga and Meditation for over 20 years. She is a registered teacher with Yoga Alliance and holds certifications in Therapeutic and Restorative Yoga as well.

Sponsored by: Yoga Life Society