

Meditation for Beginners



Explore the *how* and *why* of meditation while learning how to easily incorporate it into your everyday life

Join others who are curious about Meditation for a six week course designed to help you learn basic mindfulness techniques and explore its benefits. Discussion will surround science-backed benefits of meditation, and beginner relaxation techniques will be practiced. This course is designed to build on a simple 12 minute practice that is available to anyone.

Tuesday Evenings, starting @ 6:30pm

MARCH 24 - APRIL 28

Class runs 45-60 minutes

ADAPTIVE COUNSELING & CASE MANAGEMENT

3298 Veterans Drive, Traverse City MI



Amy is a registered yoga instructor (RYT 200), mindfulness instructor and Social Work student at Ferris State. She has studied mindfulness training domestically and abroad, and travelled to India in 2010 to learn more about the philosophy of meditation. Amy is passionate about discovering the realities of meditation and helping people discover how simple techniques can make mindfulness accessible to everyone!