

# Download Simply Meditation Simply Series

In each class of this 4 class series you will be guided through a meditation, taught how to start your own personal meditation practice, introduced to some effective tools, and walked through journaling techniques that will compliment your practice. Simply Wellness Series: Meditation, Simply. yoga wellness massage6425 Wilkinson Blvd, Belmont, North Carolina 28012, United States. Tue Feb 26 2019 at 07:30 pm, Meditation is the art of looking inside and discovering one's own inner being. It leads us not only to totally new inner experiences, but Restorative Yoga and Meditation help to increase serotonin levels while decreasing cortisol. Additionally, these practices help in reducing stress and anxiety. In this 6 week series, we will be using bolsters, blankets and blocks to support the body for the ultimate relaxation. No yoga experience required! March 7 – April 11 7:30pm-8:45pm Doctors and researchers say meditation is good for you. So why don't more people do it? If the idea of sitting seems difficult or arduous to you, then come try the Minute Method practice. Meditation simply! Discover the power of the Spiritual Heart Center. Discover the peace, joy and contentment that always resides within.