

# Meditation for Mental Health Course

COME discover the methods and benefits of meditation in this compelling course.

EXPERIENCE what science has established as its benefits: balancing the nervous system, reducing stress & anxiety, and increasing understanding of our experience.

LEAVE feeling empowered to use meditation in your daily life.



# Meditation for Mental Health Course

Topics of instruction and exercise will include:

- foundational principles of meditation
- various formal and informal meditation practices
- maitri (unconditional kindness to ourselves and others)

In a small group environment and through one-on-one guidance you will be supported in creating your individual meditation practice.

## Course Details

Dates: Thursdays from Sept. 22 to  
Oct. 27, 2011

Times: 7 - 8:30 p.m.

Investment: \$290

Location: 1528 - 12th Avenue SW, Calgary

For information & registration contact:

Sara Jungen, Registered Psychologist, at 403 228 2425