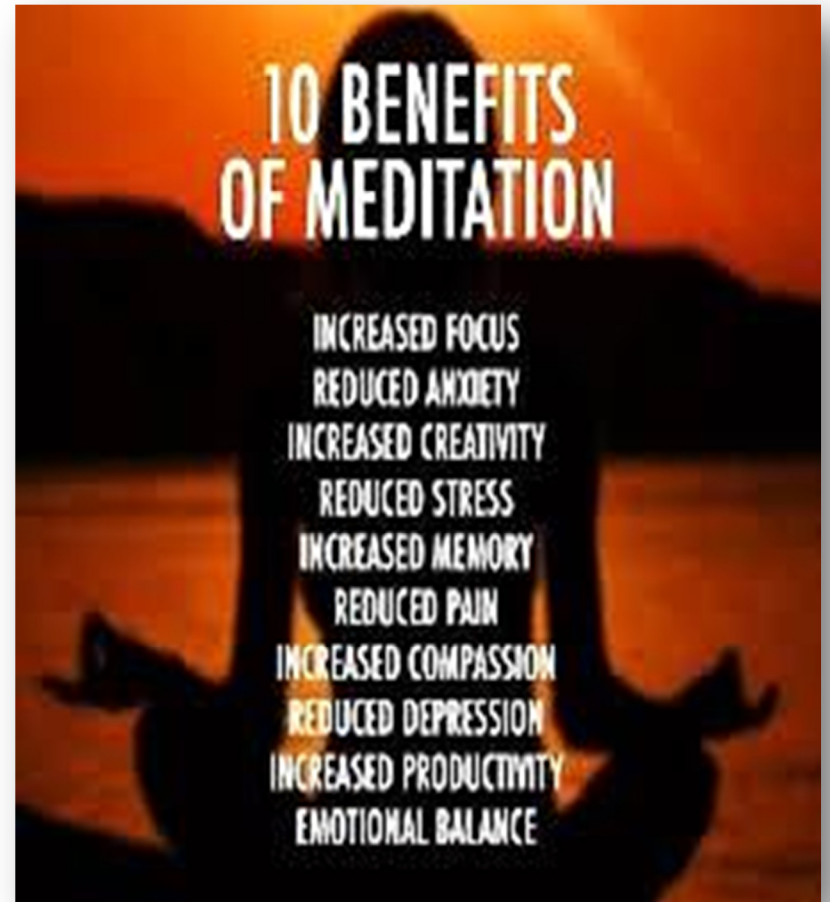


# MEDITATION MONDAYS

*Join us from 12:15 -12:45 p.m.     \$5.00*

*Rejuvenate during your lunch break. Find the peace and calm that will create better relationships personally and professionally. Meditation is the antidote to stress.*



*Have you thought your mind is too busy to meditate? I will guide you into relaxation and help you find the peace you are seeking. Become more focused as you learn to quiet your thoughts. With known mindfulness and breathing techniques and my help, you'll begin to meditate with more ease and discover the many physical, emotional, mental and spiritual benefits.*

## ***At the Center of You***

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480-447-4968

*Laurel Hernandez, Certified Chopra Instructor of Primordial Sound Meditation*