

MEDITATION & MINDFULNESS

A Lifetime Investment In Your Health

Everyone thinks of
changing the world,
but no one thinks of
changing himself.

Leo Tolstoy



- VISUALIZATION
- MINDFULNESS
- MANDALAS / GEOMETRIC YANTRAS
- MEDITATION PRACTICES USING CHAKRAS
- GUIDED IMAGERY & MORE!

MEDITATION BY THE MONTH

Meditation is known to not only relieve stress, but now many doctors are recommending it for reducing high blood pressure and other health-related concerns. In this 4-week introduction to basic meditation you will practice mindfulness, guided imagery, visualization and more! Your first class is FREE, so wind down and relax and have a great start to your weekend!

Ages:	Adults & Teens, Ages 16 and over
Sessions:	Monthly for 4 Fridays, starting the first Friday of each month.
Fees:	See "Monthly Fee" at right
Times:	Fridays, 6 pm - 7 pm
Instructor:	Jana Krause, Accredited Instructor
Location:	Recreation Center
Questions?:	Call Ms. Jana at 561.452.8570 Go to www.royalpalmbeach.com or contact instructor Ms. Jana at mysticholistic1@gmail.com

REGISTRATION INFORMATION

Monthly Fee:	RPB Resident: \$25 per Calendar Month Non-Resident: \$35 per Calendar Month Come enjoy a free trial class! Pre-registration is required for all classes.
	Sessions begin on the first Friday of every month.
	Note: No Meditation classes will be offered in January 2017.
	Four-week sessions begin: 2/3/17, 3/3/17, 4/7/17, 5/5/17 and 6/2/17
Registration Dates:	Pre-registration is required at least one week prior to the start date each month until class is filled.
Register At:	RPB Recreation Center 100 Sweetbay Lane Royal Palm Beach, FL 33411
Register:	Monday - Friday, 8 am - 5 pm and Extended Hours: Tuesday & Wednesday until 6:30 pm

Goal of Classes / Instructor's Experience Leading Meditation:

Ms. Jana is an experienced meditator and trainer of meditation trainers in Palm Beach County. With 8 years of experience assisting others with their personal journeys into greater self-awareness and calm, each participant can expect to develop better focus and relaxation, inner awareness and to reduce stress and anxiety.

Royal Palm Beach Parks and Recreation
790-5124