

MEDITATION FOR BEGINNERS

Presented by: Julie A. Doherty, M.A.

Come enjoy a relaxing evening of meditation and learn more about its benefits for mind, body and soul. This class is for anyone interested in learning more about this life transforming method, and how to incorporate the practice into a busy schedule.

- Experience meditations to calm & relax you, and quiet your mind.
- Learn proper breathing technique.
- Learn how to create a special place for meditation in your home.
- Learn ways to remain in present moment awareness.
- Learn how to reap the benefits of meditation all day long.

*Presented at: Antalee Wellness Spa
1834-36 Glenview Rd.
Glenview, IL 60025*

Class is a one-time, one-hour event.

Investment: \$25

**Call Antalee Wellness Spa for dates & times and register today!
847-486-1130**



Julie A. Doherty, M.A., is an Associate Licensed Marriage & Family Therapist. She received certification as an Advanced Clinical Heart-Centered® Hypnotherapist and Release Therapist from the Wellness Institute, Seattle. Since 1993, she has been actively involved in the study of consciousness, self-awareness and spiritual growth, receiving a three-year certificate and two-year advanced certificate from Crossroads Institute, a training program devoted to the development of leaders as a healing presence in community and intensive study of energy and consciousness and their application to the healing process.