

Meditation

Instruction * Practice* Discussion

Non-religious, awareness-based, comfortable.

*Wednesday mornings, 7:00 – 8:00 am
October 1 – November 19, 2008 (8 weeks)*

Held at Timberhill Athletic Club
\$80 members, \$95 nonmembers, \$15 drop-in

To Register: please call Tina Taylor, RN, MS, RYT
753-2255

or see www.heartandsoulwellness.net

or sign up at TAC front desk

~~~~~

**“Meditate.  
Live purely. Be quiet.  
Do your work with mastery.  
Like the moon, come out  
From behind the clouds!  
Shine.”**

**- Buddha**



**\*\*Qualifies for Samaritan Employee Wellness Benefit use\*\***