

## 4-Week Meditation Series Relieve Stress & Promote Wellness Through Meditation



### **Dates:**

Mondays in 2017  
May 1st, 8th, 15th & 22nd

### **Time:**

11:15 am to 12:45 pm

### **Location:**

Agoura Hills Recreation &  
Event Center  
29900 Ladyface Ct.  
Agoura Hills

### **Register:**

Please call (818) 597-7361  
to register; space is limited.  
\$20 fee is required for this  
4-week series.

***\$8 drop in fee if space is  
available.***

Join us for a special series led by experienced meditation mentor, Vinay Chhabra. These classes will give you the capacity to improve your health, your relationships, and the skillfulness of all the activities you engage in. Meditation will make you calm, gentle, loving and give you freedom from fear.

### **How to prepare for the class:**

- Meditation is most effective when participants do not eat solid food for two hours before the class
- Floor mats are provided, but feel free to bring one
- Chairs will be available upon request

### **Facilitated By:**

**Vinay Chhabra**  
Owner, Pacific Senior Care

**Activity # 5166**