

Instinctive Meditation



12 Classes

Thurs/Mon

Jan. 25 @ 2:30 PM

Join Mary Bartel

Meditation Instructor & Yoga Therapist

FREE for seniors 60+ years young!

Instinctive meditation is welcoming and liberating.

Learn to tap into your own rhythms and flow and natural doorways to meditation. Instinctive meditation invites us to delight in the full spectrum of life. This series is likely to refresh your perception about meditation, and inspire you to do simple practices you'll learn to reduce stress and increase wellbeing.

Come, we will ponder wisdom teachings, experience guided meditations, and listen to poetic contemplations. Meditations may be practiced sitting or lying down.

No meditation experience required.

Everyone can meditate —it's instinctual!

Bring a journal if you wish, and any or all of the suggested props for comfort: Cushion, padded mat, and two blankets. Chairs available.

Drop-ins welcome. Register now!

**Presenter: Mary Bartel, Yoga Therapist, Meditation Instructor,
Reiki & Sound Healing**

Held at the Saranac Lake Adult Center

135 Broadway

For more information call or email Mary

518-354-2425 ∞ mary@innerquestyoga.com

Register at the Adult Center - 518-891-2980 or with Mary

