



Comments from Meditation Participants

My whole body feels better
It helped me recover from surgery
I sleep better
I have less back pain
In tense situations, I can calm down
I'm able to lower my blood pressure
My whole family is happier

Meditation Workshops @ Twin Valley Senior Center

Meditating for Deep Well-Being is an eight week class on Tuesday evenings, 6:30-7:30 p.m., beginning on September 10th and ending on November 5th led by Ginny Sassaman. (No class 1-15-19). This non-secular class welcomes participants of all experience levels, from those who've never meditated before to those with a regular practice. Each evening, different techniques will be tried.

Why learn to meditate? Modern science proves that meditation is one the best things anyone of any age can do to bolster a sense of well-being.

Cost: \$45 for eight weeks: For more information, please contact Cecile Sherburn at csherburn@myfairpoint.net or call 802-454-7385 to register. These classes will take place at The Twin Valley Senior Center, 4583 US Route 2, and East Montpelier, VT.

September – November 2019