

Come practice

MEDITATION

June 5 & 19, 2017 | 12:10 – 12:55pm



LOCATION:

SFHSS Wellness Center
1145 Market Street, Suite 100
San Francisco, CA 94103
(415) 554-0643

Meditation reduces stress, calms your emotions, increases self-awareness, uplifts your mood and improves your concentration. Meditation is a powerful tool for accessing your creativity, your inner wisdom and developing your intuition.

Learn basic breathing techniques to energize your body. Give yourself the gift of silent, peaceful state of rest by exploring and understanding the basics of meditation practice (no religious influence).

Attend one or both sessions.

NO RSVP REQUIRED.