

STRESS REDUCTION INSTRUCTION

Learning to be Peaceful
In stressful times



A three part 12 week course in methods for reducing
internal stress in response to external events.

Secular Meditation Practices for Mind, Body and
Spirit

Hannah Lloyd

Certified Instructor

Next class begins January 5th , 2014

3:00 - 4:00PM

Location: 221 Albemarle Ave

Roanoke

Phone: 540 815-4214

No fee - donations accepted

Call for information and to enroll