

Introduction to Meditation

Come and learn the basics of meditation.

In this class you will learn different types and ways to meditate, what a mantra is and why it is important to use one, and the myriads of benefits of meditation. We will go over and practice the meditations in class so you can feel the benefits for yourself and you will go home with some ideas of how to start your own meditation practice.

June 7th, 2019

6-8 PM

**Pacific Northwest
Massage Academy**

5139 NE 94th Ave., Suite A
Vancouver, WA 98662

2 CEU Credits

\$40

if register before May 17th

\$45

if register after May 18th

Taught by Melissa Johns, LMT

**Come in comfortable
clothing and bring a pen.**



Go to www.lightharmonies.com/blog for the registration form link.

Melissa has been meditating for years and has been trained in Primordial Sound Meditation. She meditates daily to stay grounded and respond to the stresses of life. She is also certified in many other modalities.

For more information about Melissa, go to www.lightharmonies.com