

FREE



Meditation CLASSES

May 7th - June 6th 2012

**Wednesdays from 1:00pm-2:00pm. · Room G208, Gibson Center
Diana Pacin-de Gongora, Meditation Coach**

Just a few of the many benefits of Meditation:

- Learn how to apply relaxation and mind visual techniques to reduce stress
- Leads to a deeper level of physical relaxation
- Good for people with high blood pressure
- Reduces anxiety attacks
- Decreases muscle tension, reducing headaches caused by tight neck muscles
- Enhances the immune system
- Increase strength and vigor
- Helps with weight loss

Join us

