



Beginner's Meditation Workshop

This 3-part Beginner's Meditation Workshop is the most systematic and thorough introduction to the practice of meditation available anywhere.

Practitioners of all levels can benefit from it. It covers the conditions, methods, stages of meditation, pitfalls, and other supporting techniques to regulate the body, mind, and spirit such as self-massage, yoga exercises, and daily mindfulness techniques.

\$70 suggested fee for all three classes.

Registration required by Friday, March 3rd, 2017. Limited seating.

Dates: Saturdays, March 4th, 11th and 18th, 2017, 6:30-9:00pm.

Location: Tallahassee Chan Center, Railroad Square (647 McDonnell Drive)

For registration, email us at: tcg4events@gmail.com

For more info, visit us at: www.TallahasseeChan.com

Find us on Facebook: [Tallahassee Chan Center](#)