

Meditation → *Inner Peace*
Inner Peace = *Happiness*

☺ *Get Happy* ☺

“Meditation for Everyone!”

Will begin another 3 week series of meditations

*“Meditation 101: How to Start & Maintain Your Own
Meditation Practice”*

This is a non-denominational series of meditation classes

Each class is self-contained. Attend one, some, or all three classes!

Starting Tuesday March 5th, 2013

Every Tuesday from 5:30 to 6:15

In the Education Rooms at the Billy Casper Wellness Center

The classes will be **free of charge**

Questions - Please see the Front Desk – 575-538-4844