



Introduction to Meditation

With
Ogden Kruger
in
WARRINGTON

CORNERSTONE  Clubs

About Intro To Meditation

Wednesday, 7:45-8:45pm; Starts January 23rd (4 weeks)

Meditation has many benefits including decreasing stress and improving sleep quality. In this four week workshop, find out what meditation really is, what the benefits are, and how the different styles vary. Different styles will be discussed each week with an opportunity to practice at home. You will also learn how to set yourself up for successful meditation practice with tips for stretching, breathing, etc. This class is appropriate for anyone wanting to learn how to improve their quality of life.

To pre-register, call 215.918.5900 or visit www.cornerstoneclubs.com
and register via your account.

\$60/person

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