

The Art of Meditation



Would you like to be happier, healthier, less stressed, and more focused and creative? Would you like to lower your blood pressure and lower your risk for heart attack and stroke? Meditation has been scientifically proven to offer all of these benefits. You will learn various styles of meditation with an expert with over 30 years experience. The instruc-

tion will focus on techniques that you can take home and use on your own. This class is suitable for both first-timers and advanced students and is open to the public.

Four Consecutive Hour-Long Classes

Tuesdays @ 6:15pm on January 8, 15, 22 & 29

\$48 for all four classes (students do not need to attend all classes)

About the Instructor

Stephen Jacobs has been teaching meditation for over thirty years. He studied with Maharishi Mahesh Yogi in Europe in the 1980's. He has guided hundreds of people from all walks of life to discover their own inner intelligence; that quiet center that supports creativity, contentment and health. He has worked as a human resource consultant for seventeen years and recently published a book to help families who have a loved one with mental illness.

