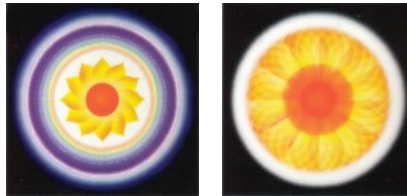


## MEDITATION THURSDAY EVENINGS WITH STACEY LYNN

*When the mind is full of noise, and needs to empty, you need not look further than YOURSELF. Stillness is within you, it is simply a breath away.*

*When we quiet our body, mind, and breath we begin to develop an intimate relationship with our inner world.*



Crown and Heart Chakras

Meditation on Twin Hearts (MTH) is a noble tool, which helps to raise one's vibrations toward higher states of awareness and levels of consciousness. MTH's many and varied benefits include stress reduction, increased mental clarity, and an improved overall appreciation for life.

This class is designed for students of ALL LEVELS. We will begin with basic warm ups to energize the physical body and prepare it for sitting - no worries if you do not have a yoga asana practice, or even know what an asana is! Preparation continues with simple breathing techniques (pranayama) to quiet the mind; a body scan on our backs to increase awareness; and deep relaxation. Meditation on Twin Hearts is then practiced in a comfortable seated position.

Please join us weekly to raise consciousness within yourself, your family, and our community. Happy or sad, energetic or tired, when we gather together, just be the person you happen to be at that moment...meditation is for EVERYONE!

Namaste,

Stacey Lynn Avidane

