

Insight Meditation Series

W/ MEGAN POWELL

MONDAYS 7-8PM

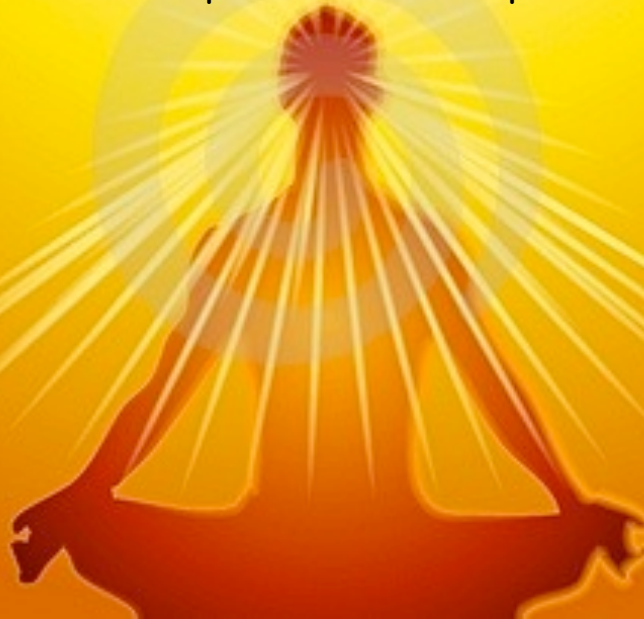
1/16 - 2/20

\$12 PER SESSION OR 6 SESSIONS FOR \$60

Feeling Stressed? Emotionally Inflexible?

Numerous clinical studies have shown that our innate fight-or-flight response no longer serves our modern lifestyle. Meditation is a doorway to restructure non-resourceful thought patterns.

In these gatherings we will be uniting western psychological wisdom with a range of meditative practices, emphasizing the art of compassion and mindful presence.



TRANQUILITY - WISDOM - COMPASSION



ananda shala

Yoga & Pilates