

## WELLNESS

### Meditation—Experience the Self: An Inner Journey

Have you ever wondered who you are beyond your name, form and the many roles you've played throughout your lifetime? Take an in-depth look at the essence of Self, your inner being. Through interactive lecture and meditation embark on an extraordinary inner journey and experience the radiant, peaceful presence within. Learn how to maintain a connection with your inner Self while living in today's hectic world.

|                 |                 |        |                       |
|-----------------|-----------------|--------|-----------------------|
| <b>CES 0984</b> | <b>(.2 CEU)</b> |        | \$25/Senior Cost \$20 |
| 1 day           | Wed             | Sep 24 | 6:30-8:30 pm          |
| Sec. 947304     | JC122           |        | K. Bindu Henning      |

### Meditation—A Peaceful Mind is a Precious Gift

A peaceful mind is the foundation for health, happiness and well-being, yet quieting the mind can be a difficult task. Through interactive lecture and meditation learn powerful tools to help calm the restless activity of the mind. Learn how to relax, unwind, and enjoy deep, soothing meditations. Create a powerful shift, enjoy a fresh perspective and experience life anew!

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|-----------------|-----------------|-------|-----------------------|
| <b>CES 0986</b> | <b>(.2 CEU)</b> |       | \$25/Senior Cost \$20 |
| 1 day           | Wed             | Oct 1 | 6:30-8:30 pm          |
| Sec. 947306     | JC122           |       | K. Bindu Henning      |

### Meditation—The Illusive Nature of Happiness

Happiness is one of the greatest experiences in life. Yet, this delightful state often seems beyond our control - it seems fleeting, hard to hold on to and difficult to sustain. In this interactive lecture with meditation, take a unique and powerful look at the nature of happiness. Learn valuable insights from the great masters as they reveal hidden secrets and guide us to true happiness!

|                 |                 |       |                       |
|-----------------|-----------------|-------|-----------------------|
| <b>CES 0993</b> | <b>(.2 CEU)</b> |       | \$25/Senior Cost \$20 |
| 1 day           | Wed             | Oct 8 | 6:30-8:30 pm          |
| Sec. 947307     | JC122           |       | K. Bindu Henning      |

### **NEW** Meditation—10 Tools for Health, Harmony & Joyful Living

Learn how to incorporate ten simple and effective meditation tools into everyday living and enjoy peace, contentment, vitality and much more! Using a natural approach for the body, mind and spirit, these tools transform and support every area of life. Through interactive lecture with meditation, learn to increase focus, creativity; and calmness; improve health and well-being; enhance your love and appreciation for yourself and others.

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|------------------|-----------------|--------|-----------------------|
| <b>CES2 0020</b> | <b>(.2 CEU)</b> |        | \$25/Senior Cost \$20 |
| 1 day            | Wed             | Oct 15 | 6:30-8:30 pm          |
| Sec. 947303      | JC122           |        | K. Bendu Henning      |

## money savings opportunity

### A JOURNEY OF SELF DISCOVERY: MEDITATION SERIES

This money savings series is a real value and includes the following 4 classes:

- CES 0984 Meditation—Experience the Self: An Inner Journey
- CES 0986 Meditation—A Peaceful Mind is a Precious Gift
- CES 0993 Meditation—The Illusive Nature of Happiness
- **NEW** CES2 0020 Meditation—10 Tools for Health, Harmony & Joyful Living

See class descriptions for more information.

|                          |       |                                  |
|--------------------------|-------|----------------------------------|
| <b>CES 0983 (.8 CEU)</b> |       | \$80/Senior Cost \$64            |
| 4 weeks                  | Wed   | Sep 24 Oct 1,8,15                |
| Sec. 947305              | JC122 | 6:30-8:30 pm<br>K. Bindu Henning |

**You must register prior to the start of the series to take advantage of the savings.**

### Present Moment Meditation: A Path to Inner Peace

Meditation is an easy, natural way to access inner peace and stillness. It reduces stress; quiets the mind; and is beneficial for health and managing challenges. Using a light-hearted approach, students will be gently guided into deep, soothing meditation. Learn how to stay calm and centered throughout your day! Class includes two meditations, a short reading and discussion relating to meditation and stress reduction. Beginners and repeat students welcome. Chairs provided.

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|-----------------|-----------------|--------|--------------------------|
| <b>CES 0966</b> | <b>(.6 CEU)</b> |        | \$59/Senior Cost \$47.20 |
| 4 weeks         | Mon             | Oct 20 | 6:30-8 pm                |
| Sec. 947301     | JC122           |        | K. Bindu Henning         |
| 4 weeks         | Mon             | Nov 17 | 6:30-8 pm                |
| Sec. 947302     | JC122           |        | K. Bindu Henning         |

### **NEW** Present Moment Meditation Retreat: Relax, Refresh, Renew

Is the present moment passing you by? Are you looking to find 'you' again? Pause and refresh by treating yourself to a harmonious one-day retreat. Leave the busy world and daily routines behind. Release stress and restore peace and tranquility to your body, mind and senses using gentle breathing techniques, mindfulness tools and self-discovery exercises. Enjoy deep, soothing meditations. Everyone is welcome. **Note:** a light lunch will be served. Please dress comfortably. Chairs provided.

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|------------------|-----------------|--------|--------------------------|
| <b>CES2 0022</b> | <b>(.5 CEU)</b> |        | \$59/Senior Cost \$47.20 |
| 1 day            | Sat             | Oct 25 | 9 am-3 pm                |
| Sec. 947308      | W210B           |        | K. Bendu Henning         |

