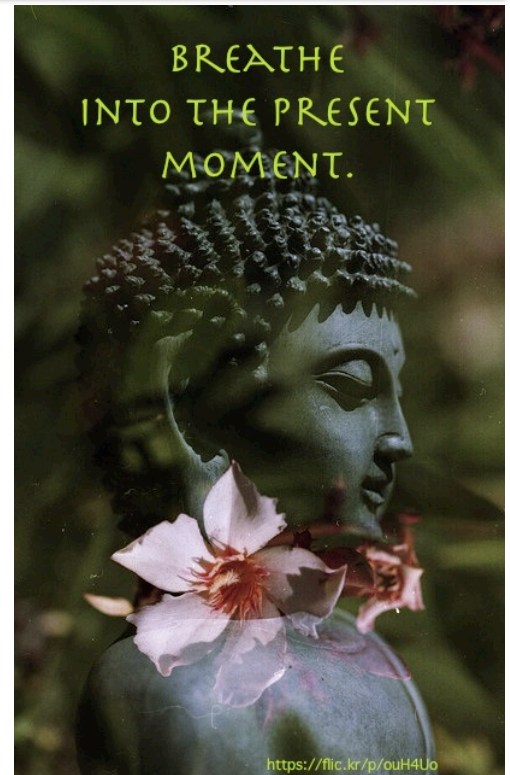


MINDFULNESS MEDITATION

"Within **you** there is a
stillness and a **sanctuary**
to which you can retreat
at any time and be
yourself."
Hermann Hesse



STARTING JANUARY
near downtown Ithaca



Vivinne (Kala) Williams is a certified yoga teacher, trained massage therapist & a former professor in fine art. A practitioner & student of meditation since the 1990's she has practiced with Burmese Buddhist monks, and at Insight Meditation Society. She has sat retreats up to a month and half in length. Her background is in the Insight/Vipassana tradition.

- Learn how to meditate, weekly guided practice sessions.
- Affordable, small group setting
- Open sitting group forming as well
- To register or for more info go to website:

Yogablissdance.com/Ithaca

Numerous studies now show what the Ancients knew. Meditation can help:

- Reduce feelings of stress
- Increase concentration
- Decrease worrisome thoughts
- Feel calmer
- Affect stress related conditions
- Increase feelings of joy

Whether you are mature, a student, working mom or pop, mediation is something anyone can do. And it will have a huge impact on your life if you let it!

