

Meditation *CAN* Work for you. Don't give up!

1-Hour Weekly Guided Imagery and Meditation Techniques Classes on *Zoom*

*Hosted by White Barn
Healing Arts Center*

Join us this Wed., May 12th 6:30pm—7:30pm
\$12 per person

For our Weekly Schedule or to Register, Go To
<https://whitebarnhealingarts.org/weekly-meditations>
Registrations close 5 hours before each class.

WHAT IS GUIDED IMAGERY?

If you can close your eyes, listen to a story-line and follow it in your imagination, you will love working with guided imagery meditation techniques. This weekly class provides support for stress and anxiety relief, anger management, maintaining focus, finding a deeper sense of inner peace and calmness, depression management, and strengthening your own spiritual connection.