

Meditation Made Easy!

A 4-session virtual class based on the Simple, Easy, Every Day (SEED) Meditation as taught by McLean Meditation Institute

with Jere Friedman

Have you heard a lot about meditation and thought about giving it a try, but don't know where to start?

Are you a novice meditator but don't know if you're "doing it right?"

Are you a seasoned meditator who wants to take your practice to a deeper level?

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, THIS CLASS IS FOR YOU!!!

In this course, Jere Friedman will weave together information and instruction on meditation, Q&A, and actual experience in a variety of meditation practices to give you a thorough grounding and confidence in your practice. Topics will include:

- What meditation is – and isn't
- How meditation "works"
- Benefits of meditation
- How, when, and where to meditate
- Guided experience in various meditation techniques
- Questions and answers AND MUCH MORE!

REGISTRATION FEE:

\$50 – contact Jere at info@gong2heaven.com to register.

Financially challenged? Partial and full scholarships are available. Contact Jere to apply.

FREE INFORMATION SESSION:

Tuesday, February 2nd from 7:00 – 8:00 pm MST

To participate by video: <https://zoom.us/j/820138068> Meeting ID: 820 138 068

To participate by phone: (253) 215-8782 Access code: 820138068#

CLASS SCHEDULE:

Tuesday, February 9th from 7:00 – 8:00 pm MST

Tuesday, February 16th from 7:00 – 8:00 pm MST

Tuesday, February 23rd from 7:00 – 8:00 pm MST

Tuesday, March 2nd from 7:00 – 8:00 pm MST

Schedule conflicts? All sessions will be recorded, so you can watch later if you miss a session.

Zoom links provided upon registration.

For more information or to register, contact Jere at info@gong2heaven.com or (602) 619-1745.

Jere Friedman is a Certified Meditation and Mindfulness Instructor, a Soul Centered Professional Coach, and is considered one of the foremost gong players in the world. Please visit www.jerefriedman.com and www.gong2heaven.com for more information.

