



MEDITATION, MINDFULNESS & GONGBATH

with Jere Friedman

Certified Meditation and Mindfulness Instructor

WEDNESDAYS, 7:00 - 8:15PM
\$15 DROP-IN, OR CLASS PASS

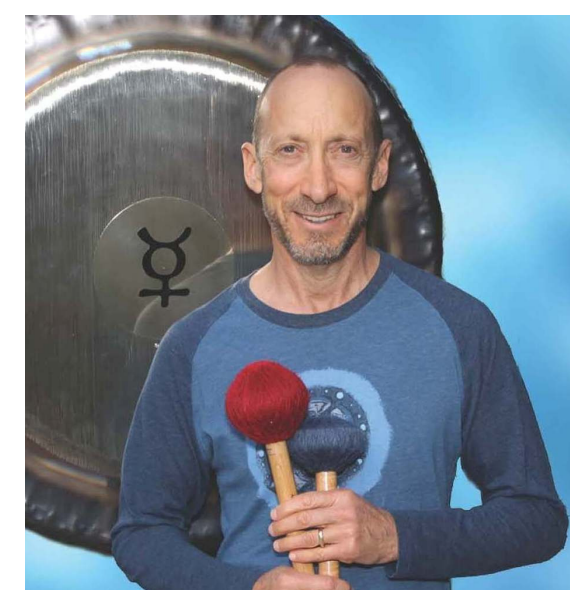
Each week, experience a deep meditation or mindfulness process plus Q&A, group discussions, and teachings that will truly support your meditation and mindfulness practice.

Then, enjoy a relaxing and energizing gongbath experience provided by Gongmaster Jere Friedman.

Each class will be fresh, unique, inspirational, and experiential in nature. For novices and seasoned practitioners alike!

Jere Friedman, J.D., M.A., CMMI, is an Employee of the Universe - with full benefits! He is a practicing attorney and a Certified Meditation and Mindfulness Instructor, having completed the 200-hour Meditation Teacher Academy at McLean Meditation Institute® in Sedona, AZ.

Jere also holds a Masters' degree in Spiritual Psychology from the University of Santa Monica, is a certified Breathwork Healer, and is considered one of the foremost gong players and sound healers in the world.




A Mindfulness Life™
CENTER

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