

FREE Salted Relaxation & Meditation Classes!

DONATED BY THE JAKE BURKHARDT FOUNDATION



When: Every Wednesday beginning August 24th & running for 7 weeks/14 classes.

Times: 5:30-6:15 PM and 6:30-7:15 PM

Place: Northern Light Counseling

951 Main St. Honesdale, PA 18431

Instructor: David Goddard, C-IAYT, RYT 500

Call: 570-280-6321 to reserve your spot!

Limited to ONE free class per person.

Have you ever wanted to try meditation but didn't know where to begin? Experience the profound effects of yogic relaxation and meditation with this guided 45-minute class in Northern Light Counseling's Salt Cave. Science continues to verify the long-term benefits of meditation for mind/body health, and this ancient yet incredibly relevant practice has never been more needed in our busy and often stressful world. When meditation is practiced in an environment conducive to moving inward, such as a Himalayan Salt Cave, the benefits of this sublime discipline have the potential to be further magnified. Enjoy breath awareness, relaxation, and seated meditation, to experience a new level of rest for your body, mind, and soul.

