

# THE BENEFITS OF MEDITATION

SUNDAY, DECEMBER 9<sup>TH</sup> 1-3 PM



## ARE YOU EXPERIENCING...

- \*Adrenal Fatigue
- \*Anxiety or worry
- \*Incessant mind chatter
- \*Lack of clarity
- \*Restlessness
- \*Irritability
- \*Insomnia
- \*Inability to relax
- \*Accumulated stress
- \*Health Conditions such as chronic pain, high blood pressure, irritable digestion or other chronic symptoms

## WOULD YOU LIKE TO...

- \*Lower stress hormones
- \*Decrease pain and tension
- \*Strengthen immunity
- \*Improve health, healing and wellbeing
- \*Have restful sleep
- \*Experience optimism
- \*Improve resilience
- \*Focus your mind
- \*Deepen connection to self/others
- \*Experience harmony and an enduring sense of peace



MEDITATION is an ancient practice that allows us to find the peaceful stillness that exists within. From this place, profound insights can occur and we can create an inner environment that encourages balance, wholeness and healing at the deepest level. To enhance our practice we can incorporate the use of essential oils – used in ancient times for meditation, prayer and rituals.

Many of us, however, are not familiar with what meditation is, what to expect, how it ‘works’ and if we can do it. In this information session, these questions will be discussed. We will close the seminar with a guided meditation. Plus if you register before the deadline and bring a friend, you will both receive a gift!

Deborah R. Lain is a Psychologist and has studied Ayurveda and Mind-Body Healing at the Chopra Center for Well-Being. Please join her in learning how you can directly influence your own health and wellbeing through meditation.

Sue Showers, is a YL essential oil instructor and committed to enlivening wellness through oils.

REGISTRATION DEADLINE IS NOVEMBER 4<sup>th</sup> TO REGISTER CONTACT DEBORAH AT :  
[SOULSPRING@TELUS.NET](mailto:SOULSPRING@TELUS.NET) OR TEXT: 403-512-2648