

meditation

Meditation practice in a group setting, especially with guided meditation scripts, will help you learn how to meditate and stay mindful. In addition, the group provides the needed encouragement to develop consistency in performing mindfulness exercises.

2nd & 4th Thursday of the month
from 6:00 - 6:45 PM
A-Mae-Zing Body, Mind, Soul Center
12 Mill Street, Canandaigua

GROUP PRACTICE Canandaigua



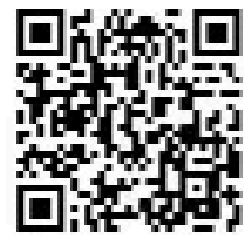
DECREASE: STRESS,
ANXIETY, PAIN



IMPROVE: MOOD,
FOCUS, SLEEP QUALITY



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Meetup!



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