

Reduce your stress this holiday season with...

Mindfulness Meditation for Stress Reduction

- Learn to meditate
- Deepen your practice
- Restore health & well-being
- Improve your relationships



Do you want to learn to meditate? Do you want to deepen your current meditation practice? Do you want to learn how to better navigate the ups and downs of life? Do you want to sail through the holidays stress free? If you've answered yes to any of these questions, this class is for you! In this 4-week class, we will learn meditation and mindfulness practices, so we can live healthier, happier and more creative lives.

Mondays 6-7:30pm Dec 10, 17 Jan 7, 14

Retreat Day: Saturday, Jan 12 8:30am-noon

Cost: \$195

The Center for Natural & Integrative Medicine

6651 Vineland Rd, Suite 150, Orlando, FL 32819

Space is limited! Reserve your spot today!

RSVP by Dec 8:

lauramschmid@icloud.com 404-309-0332

Instructor: Laura Schmid

Laura is a long-time practitioner of meditation and has been teaching meditation to groups and individuals for over 5 years. Laura has been trained in many types of meditation and has developed this course as a direct result of her passion to help others achieve balance in their lives through their own mindfulness and meditation practice.