

Mindfulness Meditation for Stress Reduction

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



Come join us for an hour of guided mindfulness meditation to clear the mind, reduce stress and restore balance. Open to everyone, whether you are new to meditation or have developed a consistent practice. Practicing mindfulness meditation greatly enhances our health and sense of well-being. We will be guided through different types of meditation including simple breathing, visualization, body scan, loving kindness and more. Each class will consist of 2-3 guided meditations. Come experience the profound peace, calm, and heart opening from mindfulness meditation!

*** Starting March 11th!**

Mondays 6:30-7:30pm

Cost: \$10 per class

The Center for Natural & Integrative Medicine

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For more information: 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 is offering this class as a direct result of her passion to help others achieve balance in their lives through their own mindfulness and meditation practice.