

MEDITATION WORKSHOPS 2019

# SOUL STRONG

**November  
12 + 19**

**December 3  
Workshops**

**12:30-1:45pm**

**REGISTER ONLINE AT  
[soulryeders.org/soul-strong](http://soulryeders.org/soul-strong)**

## Mindfulness Meditation Series

*Tapping into your inner  
strength and power through  
Mindfulness Meditation*

Mindfulness is about placing your awareness on what's happening right now - in your environment, body, thoughts and emotions - with kindness and curiosity.

Led by Jackie Berner and Julie Engerran, learn to quiet your mind, tune into your senses and be present to what's happening moment by moment instead of getting swept away by the storyline of your thoughts. Through mindfulness exercises and meditation instruction you will gain a clearer awareness of your thoughts and emotions and learn how to respond with clarity and stability whether the water is calm or rough.

We will hold this three session series on November 12, 19, and December 3 from 12:30-1:45 pm in the SOUL RYEDERS office. Participation can be one-time or multiple sessions. A class donation of \$10 is suggested.



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