

Artisans' Treasure

Studio of Exquisite Designs, Jewelry, and Healing Through the Creative Arts, Symposia



A Time for Meditation

A regular practice of meditation can lead you into a state of deep relaxation and a feeling of peace. There have been many studies related to the benefits of meditation, including stress relief.

You do not have to be experienced or trained in any specific discipline in order to attend this group. We will use various methods for our sessions, such as music, drumming, and guided imagery. Come to learn something new or brush up on your old practice. Most of all, Relax!

You are welcome to bring a pillow or other item that that is important to you.

Mature teens are welcome with an adult.

Tuesdays

From 7:00pm, until 9:00pm.

\$10.00

To register, contact : **Alsie D. Clay, RN, BSN, CDP, MA**

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