

Introduction to Mindfulness Meditation

4-Week Series with Dr. Paul Epstein, ND



4 week series for \$99

Mondays 12:30-1:30pm (starting 1/11)

Fridays 5:45-6:45pm (starting 1/15)

Registration deadline, two days prior to class.
Classes fill quickly, space is limited

Paul Epstein, ND is a graduate of the National College of Natural Medicine (NCCM), specializing in mind-body integrative medicine and mindful healing.
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Studies show that 80% of visits to the doctor are for stress-related complaints. Studies also show that **mindfulness meditation** is a powerful tool for **reducing stress**. It is also effective in the *treatment and prevention* of disease. Science proves that **meditating makes your body and brain healthier!** In this course, I'll teach you how... and why. You will learn the practical tools to develop your own home practice and learn to integrate mindful attention to more moments of your life. So you are learning to LIVE your life, fully!

Mindfulness meditation is a path to inner peace and serenity. Learn to relate to life from a place of equanimity and calm, and live with less stress, fear and clinging. Find more joy, happiness and peace in your daily life by tapping into your source of inner strength, wisdom and compassion. **Meditation will change your life!** I have studied, personally practiced, taught and used meditation as a therapeutic technique in my medical practice for over 30 years. It is my passion to share this life-changing practice with others.

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