**CULTIVATE PEACE, BALANCE AND GRATITUDE**

**Yoga, Meditation and Mindfulness Workshop**

*with Lynne Smith and Kerry Duma*

**Saturday, November 12th 1pm – 4 pm**

Yoga4All Studio, Wales

$35

In this season of thanksgiving, join us for an afternoon where you will be guided through practices that will help you slow down and connect with what truly matters in your life.

Ease into the holiday season from a place of balance and perspective.

Learn techniques to help you avoid falling prey to the stress of unrealistic expectations.

Cultivate gratitude through guided yoga, meditation and mindfulness practices.

**Register at: themindfulnowmeditation.com**

***Lynne Smith,*** *Certified Meditation and Mindfulness Teacher, Women’s Health Nurse Practitioner*

*Lynne is certified through the McLean Meditation Institute to teach Meditation and Mindfulness, practices that are grounded in neuroscience and supported by extensive research proving their many psychological, physical and spiritual benefits. Lynne's own personal practice has transformed her life in significant ways, including the ability to navigate through life with inner peace. She is passionate about de-mystifying meditation and making it accessible to everyone.*

***Kerry Duma,*** *Yoga Instructor, 500-hour Registered Yoga Teacher (RYT-500)*

*Kerry has been teaching yoga since 2003. Her classes emphasize a mindful approach to movement with optimal alignment, breath and inner awareness. Her goal is to help people connect with their body and its innate desire to be healthy and relaxed.*