

Mindfulness Meditation

Way to Health & Happiness

*Jump start 2014 with a one-day retreat
weekly meditation classes,
and a free public talk
led by Surja Tjahaja.*



One-Day Meditation Retreat

Here's a way to deepen your mindfulness practice and allow the time needed to open up the intuitive side of the mind to promote positive neural changes in the brain. This silent retreat begins with a review of meditation methods; includes a personal interview session with the instructor and mindful eating at lunch; and closes with an inspirational talk. No experience necessary.

Date: Saturday, January 11, 2014

Time: 9:00 a.m. – 6:30 p.m.

Place: Sunset Fire Hall, 2215 Long Street

Cost: \$25 West Linn residents, \$30 others

Register: www.westlinnoregon.gov or call (503) 557-4700

Details: See www.mindfulnessmeditation.us

Weekly Meditation Classes

Classes use guided meditation, comfortable postures, and discussions to help you:

- Reduce stress and manage pain through mind/body awareness.
- Calm your mind and improve concentration with simple breathing methods.
- Develop biofeedback skills to cultivate happiness and good health.

Dates: Tuesdays, Jan 7 to Mar 25, 2014

Time: 7:00 – 8:30 p.m.

Place: Rosemont Ridge Middle School
Room D-104, 20001 Salamo Rd

Cost: \$52 West Linn residents,
\$57 others

Register: www.westlinnoregon.gov or
Call (503) 557-4700

Details: See www.mindfulnessmeditation.us

Demystifying Meditation

Don't miss this *free* public talk, hosted by the West Linn Public Library, for those who are curious about the practice of mindfulness meditation. Learn the science of why meditation is so effective in reducing stress and promoting health and happiness. Speaker Surja Tjahaja also includes a guided meditation and a question and answer session.

Date: Monday, January 27, 2014

Time: 6:00 – 7:30 p.m.

Place: West Linn Library, 1595 Burns Street

Details: See www.mindfulnessmeditation.us



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West Linn