



# Coldspring Meditation Group

*Meditation calms your mind, opens your heart and infuses your spirit*

## **FREE and Open to Everyone**

### **Meditation 101**

Meditation has been practiced for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation in the West is commonly used for relaxation and stress reduction. Anyone can practice meditation. It's simple and it doesn't require any special equipment. And you can practice meditation wherever you are — whether you're out for a walk, riding the bus, waiting at the doctor's office or even in the middle of a difficult business meeting.

#### **Benefits of meditation**

Meditation can give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health. And these benefits don't end when your meditation session ends. Meditation can help carry you more calmly through your day

#### ***Meditation can help you:***

- Gain a new perspective on stressful situations
- Build skills to manage your stress
- Increase self-awareness
- Focus on the present
- Reduce negative emotions

Everyone is welcome to this FREE class in basic Western meditation techniques. The class and discussion group is for those who have never meditated before and would like to learn, and for those who have tried and felt were not successful.

#### **Requirements**

Willingness to learn and an open mind

#### **Information**

Place – The Coldspring cottage at 4800 Tamarind Rd 21209 in Coldspring Newtown

When – Call for dates and time

Time –

Contact – Paul or Bernadette Trattner at 410-664-6240 for directions and questions