

Compassion Meditations *for Self & Others*

Tuesday, October 15, 7:15 – 9:15 p.m.

If we let them, the inevitable difficulties of life are a path to becoming stronger, happier, more resilient persons. Modern science says we can change our habituated patterns of thought and feeling with meditation practice, literally re-wire the pathways of our brain for greater ease and kindness.

This workshop draws from ancient Tibetan practices and introduces two beautiful forms of meditation: compassion breath and mind-training slogans. Join us and learn to water the inner seeds of care and compassion—both for yourself and others.

Presenters:



Laurie Ellis Young is an internationally recognized speaker, yoga teacher, author and pioneer in breathwork. As founding director of Breathe The Change LLC and BreathLogic™, she is realizing her vision of breath awareness and wellness practices being implemented globally. Laurie brings to her facilitation a masters degree, various certifications in yoga and well-being techniques, along with over 40 years of personal practice.



Thérèse Jacobs-Stewart is an M.A. licensed psychologist and has been a meditation teacher and retreat leader for over 35 years. An internationally recognized author, her latest book is *Mindfulness and the 12-Steps: Living Recovery in the Present Moment*. In 2004, Thérèse and her husband Jim founded Mind Roads Meditation Center, in St. Paul, MN, a neighborhood center offering classes and training in mindfulness.

Register in advance at the Front Desk or call 952-935-2202. \$30/\$40



A Center for Balance and Fitness
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