

WELLNESS

Present Moment Meditation: A Path to Inner Peace

Meditation is an easy, natural way to access inner peace and stillness. It reduces stress; quiets the mind; and is beneficial for health and managing challenges. Using a light-hearted approach, students will be gently guided into deep, soothing meditation. Learn how to stay calm and centered throughout your day! Class includes two meditations, a short reading and discussion relating to meditation and stress reduction. Beginners and repeat students welcome. Chairs provided.

CES2 0046	(.4 CEU)		\$45/Senior Cost \$36
3 weeks	Wed	Oct 21	6:30-7:50 pm
Sec. 947307	JC122		K. Bindu Henning



Meditation - A Journey of Self Discovery: The Series

This money saving series is a real value and includes the following 4 classes:

CES 0984 Meditation - Experience the Self: An Inner Journey

CES 0986 Meditation - A Peaceful Mind is a Precious Gift

CES2 0034 Meditation - Design a Life That You Love!

CES2 0020 Meditation - 10 Tools for Health, Harmony & Joyful Living

See class descriptions for more information.

CES 0983	(.8 CEU)		\$80/Senior Cost \$64
4 weeks	Wed	Sep 16,23,30 Oct 7	6:30-8:30 pm
Sec. 947305	JC122		K. Bindu Henning



You must register prior to the start of the series to take advantage of the savings.

Meditation - Experience the Self: An Inner Journey

Have you ever wondered who you are beyond your name, form and the many roles you've played throughout your lifetime? Take an in-depth look at the essence of Self, your inner being. Through interactive lecture and meditation embark on an extraordinary inner journey and experience the radiant, peaceful presence within. Learn how to maintain a connection with your inner Self while living in today's hectic world.

CES 0984	(.2 CEU)		\$25/Senior Cost \$20
1 day	Wed	Sep 16	6:30-8:30 pm
Sec. 947304	JC122		K. Bindu Henning

Meditation - A Peaceful Mind is a Precious Gift

A peaceful mind is the foundation for health, happiness and well-being, yet quieting the mind can be a difficult task. Through interactive lecture and meditation learn powerful tools to help calm the restless activity of the mind. Learn how to relax, unwind, and enjoy deep, soothing meditations. Create a powerful shift, enjoy a fresh perspective and experience life anew!

CES 0986	(.2 CEU)		\$25/Senior Cost \$20
1 day	Wed	Sep 23	6:30-8:30 pm
Sec. 947306	JC122		K. Bindu Henning

Meditation - Design a Life That You Love!

Life has a way of flying by as we fast-track our way from one year to the next, without pausing to see exactly where we are going. Through interactive lecture and meditation, take this golden opportunity to stand powerfully in the present and with a light-hearted approach, clean house! Break free from the 'same old ways' of thinking. Design a life filled with happiness, fulfillment and renewed enthusiasm. **Requirement:** bring a notebook and pen to class.

CES2 0034	(.2 CEU)		\$25/Senior Cost \$20
1 day	Wed	Sep 30	6:30-8:30 pm
Sec. 947302	JC122		K. Bindu Henning

Meditation - 10 Tools for Health, Harmony & Joyful Living

Incorporate ten simple and effective tools into everyday living and enjoy peace, contentment and more! Using a natural approach for the body, mind and spirit, these tools transform and support every area of life. Through interactive lecture and meditation, learn to remain steady and at ease amidst life's ups and downs. Reduce stress, improve health, and enhance your love and appreciation for yourself and others.

CES2 0020	(.2 CEU)		\$25/Senior Cost \$20
1 day	Wed	Oct 7	6:30-8:30 pm
Sec. 947303	JC122		K. Bindu Henning



Laurie B.

Meditation student, Laurie, has been taking Kathy Bindu Henning's meditation classes since 2013. As someone who struggled with anxiety, when she saw the class advertisement she said, "It sounded peaceful so I decided to give it a try." Laurie immediately found the class to be valuable, but had no idea how valuable the techniques would truly be until a year later, when she was diagnosed with breast cancer. "I had no idea that all the skills I learned would help me going through something like that. It helped me stay present through everything, taking things one step at a time." Laurie learned not to rush things, but to stay present in what is. "It makes life more manageable."

Now, seven years later, Laurie can't even remember what life was like with anxiety. She continues to take meditation classes because of all the peace the practice brings. "It helps you respond to life with calm and awareness." She also has great things to say about instructor Kathy Bindu Henning. "This teacher goes above and beyond to help students to grasp the skills needed to meditate. She takes questions and she reassures people that there is no way to meditate wrong. She's great at telling people that 'everything is perfect' and really encourages self-care."

"I think it adds value to life, to everyday life," says Laurie. "These are practical skills that you can use anywhere. It keeps you present and helps you enjoy life."