

Meditation Class



Acupuncture For Accelerated Healing

Want to learn how to be happier, overcome stress and feel better?

Meditation is a relaxed, focused state of being you can create in yourself through numerous techniques, including breathing and visualization. Meditation provides an opportunity to learn how to control your feelings, thoughts and emotions. Some of the benefits of meditation are:

- Relieve Chronic Pain
- Dramatically Reduce Stress
- Improve Sleep
- Improve Your Ability to Concentrate
- Be Happier and Improve the Quality of Your Life
- Improve Your Health and Change Your Body

Learn the practice of meditation to improve the quality of your life. Attend this weekly class to learn the techniques that you can use every day to calm your mind and heal your body. You can discover how to train your brain to release your own natural chemicals, neurotransmitters, to relax and calm your mind, and become happier and experience more joy in your daily life. No prior experience is required, just a willingness to learn.

Class Location:
201 West Park Place
Grand Junction, CO

Time:
Friday 12:15 PM

For more information
Phone: 970-263-4000

E-mail:
coloacudoc@gmail.com

Tom has been practicing meditation for over twenty years. For over ten years Tom has studied with Master Ko Wong of San Francisco, CA who is a Chi Kung Healer, Taoist priest and meditation teacher. His instruction included learning numerous chi kung exercises and Chi Kung meditation for self healing. Instruction will focus on relaxation and calming breathing techniques

