

Introduction to Meditation

Saturday, September 15, 2018

1:00-3:00pm

\$40 (\$35 members)



Leslie Mckenzie has been in the health and wellness industry for over 21 years. As a certified yoga instructor, meditation coach, fitness instructor and personal trainer, she has helped many individuals reach their personal best, emotionally, physically and spiritually.

Leslie is passionate about helping each of us live our lives with abundance by becoming more aware of our mindset and the inner wisdom that lives within us all.

During this 2 hour Introduction to Meditation workshop we will discuss the benefits of meditation and how to start a regular meditation practice or deepen an already existing practice.

We will learn the basic science behind the why and the how meditation is so beneficial to relieving the stress in our lives.

Your what, who, when, where, and how questions will all be answered and we will practice meditation as a group.



206, 2016 Sherwood Drive . yogafortoday.ca

