

# 8 Week Meditation Course

Wednesdays 7-8pm

September 12 - October 31, 2018

**\$120 (\$108 members)**

During these 8 week meditation classes we will learn:

- » different techniques to either start a regular meditation practice or deepen your already existing practice.
- » breathe work, mantras, different meditations and how to cultivate mindfulness into our everyday lives.
- » how to discover our core values and work them into our life and discuss challenges and successes along the way.

Every class will end with a group meditation. Register now to take the first step to empowering yourself to live your best life!



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.

#206, 2016 Sherwood Drive Sherwood Park . 780-416-4211 . [yogafortoday.ca](http://yogafortoday.ca)

