



HELPING YOU HARNESS YOUR BEST SELF

THE PRACTICE OF MEDITATION & MINDFULNESS

Whether you are seeking to manage stress and anxiety, uplift your spirits, make a new start, or find joy in your day to day life, meditation and mindfulness open doors to all that and more! This four-part series is geared to those with or without prior meditation/mindfulness experience. The classes will cover the fundamentals of meditation/mindfulness, as well as their benefits, and include time to practice meditation/mindfulness using different techniques in order to provide participants with an opportunity to explore various approaches to meditation/mindfulness. With an emphasis on making meditation/mindfulness accessible and straightforward, the instructor will share tips and practical steps to facilitate the practice and provide time for questions and sharing in each class.



DATES: November 8th, 15th, 22nd, & 29th, 2024

TIME: 1:00 p.m. to 2:30 p.m.

LOCATION: Charleswood Active Living Centre, 5006 Roblin Blvd. Winnipeg

TO REGISTER: Telephone: 204-897-5263 or <https://www.charleswoodseniorcentre.org>

**PRESENTER: Marianne Farag, Inner-Peace Specialist,
Sublimity: Pathways to Peace**

Marianne Farag is a speaker, author and teacher on topics of personal growth and transformation focussed on building inner-peace. She has over twenty years of experience in teaching Meditation and Mindfulness, and qualifications in Applied Counselling from the University of Manitoba.

