



Mindfulness & Meditation



For Women in Recovery

Wednesdays 6:30 – 7:30 P.M



The Yoga Way
Homeport 350 Gifford Street
Falmouth, MA

Join us in a dynamic meditation gathering offering women in recovery practical mindfulness & meditation techniques to help ease the daily stresses of real life. This class meets once a week and is designed to assist participants in cultivating a deep sense of relaxation and renewal, combining soothing guided meditation, calming rhythmical breathing exercises, energizing body movements and rejuvenating sound therapy. Group participation and meditative real life Q&A time encourages participants to leave with a focused and flexible mind, inspired and uplifted for the week ahead. Come empty your tensions, open to the light, and receive the peace, calm, serenity and stability that your life is craving!

**FREE, beneficial and open
to all levels, no prior
experience necessary**

For more information or to register for a class contact:

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