

# Meditation Power Break

Take a Meditation Power Break  
Recharge your 'inner' battery

## Instructor

Lunthita Duthely

## Stress Free Fridays

### Session 1

January 20

February 17

March 24

April 21

### Session 2

January 27

February 24

March 31

April 28

## Time

1:00PM – 1:30PM

## Location

Wellness Center, Classroom A

## Additional Info:

NO RSVP REQUIRED

CHAIRS AVAILABLE

## Join Us!

The UHealth Fitness & Wellness Center invites you to participate in this FREE Guided Meditation Class centered around Sri Chinmoy's book "The Jewels of Happiness".

## Focus

Meditation sessions are 30 minutes.

Begin the new year with a boost to a regular meditation practice. We encourage participants to attend both monthly sessions.

- \*Mental Clarity
- \*Enhanced Creativity
- \*Inner Peace
- \*Personal Satisfaction
- \*Discipline

