



Meditation Power Break

Recharge your inner battery with this
FREE GUIDED Meditation Class

12:30 - 12:45 PM
Tuesdays and Thursdays

Go to ZOOM
Meeting ID:
416-223-180.

MENTAL CLARITY
Enhanced Creativity
INNER PEACE
Personal Satisfaction
Discipline

LUNTHITA DUTHELY, EDD MS RYT-200

Dr. Duthely is a Research Assistant Professor with University of Miami School of Medicine, and a certified yoga and meditation instructor. She has been teaching meditation for more than 25 years. The meditation techniques are based on the "Path of the Heart" philosophy of Meditation Master Sri Chinmoy.