

New!
Fall
Meditation
+
Mindfulness
Classes
in
St. Helena



Re-center. Nourish. Connect.

Radical Self-Care: Meditation + Mindfulness For Everyday Life

Do you long to carve out time each week to get grounded, invite relaxation, and connect with others who are interested in growing more mindfulness, compassion and ease in daily life?

Join meditation leader and life coach, Lori Stelling, for weekly explorations of practices that invite us to ground in the body, soften habitual tensions, grow curiosity and kindness, lessen self-judgements, and create a more spacious relationship with our thoughts/mind. Each class will support the cultivation of clarity, well-being, patience and peace. Pre-crawling babies may attend with parent or caregiver. Register online, by-phone or in-person at St. Helena Teen Center, 1574 Railroad Avenue: www.cityofstheleena.org / (707) 968-9222.



Tuesdays, 11:00 – 11:50am @ the Carnegie Building
1360 Oak Avenue, St. Helena Recreation Dept.

Session 1: Sept 5, 12, 19, Oct 3, 10, 17 (6 weeks)

Session 2: Oct 31, Nov 7, 14, 28, Dec 5, 12 (6 weeks)

Fee: \$75 per session or \$15 drop-in