The Art of Inner Peace
Meditation Retreat

This workshop focuses on meditation, mindfulness and stress reduction techniques. Students will learn different methods such as sitting, walking and meditative movement.

The content is practical and ready to apply in daily life.

The following topics will be addressed during the sessions:

- Letting go of negative emotions such as anger, fear, guilt and worry
- Transforming negative experiences into positive ones
- Self-love and appreciation
- The gifts of gratitude
- Feeling inner peace, balance and stability
- The importance of non-attachment
- Seeing the bigger picture
- Living joyfully

*Note: Wear comfortable clothing for movement and bring a journal to record your experiences.*

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Mind-Body Workshop Series

Dates: Saturday Feb 27th and March 5th
9:00 am to 12:00 pm

Location:
San Jacinto College Central Campus
8060 Spencer Hwy., Pasadena, TX 77505 C.1-108

Course Fee: $55
(6 classroom hours)

Seating is limited, early registration is advised.

For registration or more information please call the Central Campus at (281) 476.1840 or (281) 542.2020