

CULTIVATING MINDFULNESS THROUGH MEDITATION

with Scott Laurenza

6pm - 7pm Wednesdays, Starts Sept 11, 2013



This class is accessible to students at all levels of experience.

Cultivating Mindfulness Through Meditation

This is an encouraging class; whether you are a seasoned practitioner or if you have had the desire to try meditation, this is a wonderful class to join. Learn centering techniques to enhance mental clarity and focus; including sitting, standing, and walking meditation. Learning these life skills (and integrating them into your lifestyle) will help reduce stress and enhance well-being.



Originally from Washington D.C. area Scott Laurenza began studying music and martial arts at an early age and learned a great appreciation for the variety of cultural influences in the area. This led him to appreciate the spiritual aspects of martial arts and he began to study Qigong, Tai Chi, yoga, and meditation. Attending Colorado State University, he studied Cultural Anthropology and took further interest in spiritual traditions and mysticism, as well as continuing to study music. While there he was introduced to Latin dance and later became a certified Ballroom and Latin dance Instructor. He became a Certified Yoga Teacher in 2006 while continuing to teach Latin and Ballroom dance. He has received training in Indian Classical Music and has continued to play music in other forms as well. He has taught Hatha yoga, Kundalini yoga, meditation, music, mantra, and meditation classes and workshops in Virginia and North Carolina, as well as teaching Latin and Ballroom dance independently, and continuing to play music professionally.

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10 Wk Program: Sept 11 - Nov 13 • \$100

(Includes Tranquility Nature Trail access and a \$25 off coupon towards 1 Wellness Treatment)

**Pre-registration required • Program space is limited • Drop-ins available, must be prearranged
Call for space availability • To register or for more information:**



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