

# Meditation for Health and Happiness

## Summer 2017 Adult Workshops

Wednesdays, May 31<sup>st</sup> – June 21<sup>st</sup>



Looking for a way to de-stress? Meditation is a great way to **relax** and put aside the stresses of your daily life. This 4-week series includes **guided meditation techniques** led by Sachin Deshmukh, an expert in the field. These techniques connect your mind-body to your breath, which promotes relaxation. Integrating these practices in your daily life can help you **gain insight on yourself** by focusing your mind. Achieve a relaxed, alert, and restful state where you are completely in tune with yourself. Melt away your stress and rejuvenate your **health and happiness** in this valuable meditation class.

### Meditation can help you:

- Cope with chronic conditions
- Reduce stress and anxiety
- Improve learning capability, mental health, and job performance
- Meet like-minded people and build friendships
- Relax in a supportive environment that promotes growth
- Become stronger, healthier, and happier
- Gain confidence and focus
- Fix bad sleeping habits



### About the Instructor

#### *Sachin Deshmukh*

Dr. Sachin Deshmukh has been trained as a physician in India\* and holds several degrees and diplomas in holistic medicine, homeopathy, and yoga therapy. Sachin practiced medicine for 10 years in India, where he headed the Department of Natural Therapy and Yogic Sciences at a general and cancer hospital in Pune. His approach to meditation is to suit different practices to individual needs creating a tailored experience.

*\*Despite his credentials, Sachin is not a licensed physician in the US. Meditation is intended as an exercise in relaxation and concentration and is not intended to diagnose or treat medical issues.*

Code	Age	Day	Time	Dates	Length	Fee	Drop-In
11513	18+	Wednesdays	7:00-8:15pm	5/31 – 6/21	4 Weeks	\$175	\$55

**Also Available for Drop-ins:  
Pay as you go for \$55 per class**

\*Online class option is available. Call (408) 777-8876 for more information.