

Introduction to Meditation

In Indianapolis

The
Hermitage



A course in the science and
practice of meditation:

Taught by Samuel, Certified UM Coach

4-week Course 6:00-7:00 p.m.

Wednesday's in March; 5th - 26th



In this class you will learn the first principles of what mindfulness meditation is and its benefits. It combines cutting edge science and ancient spirituality into a comprehensive understanding of the mind and its functions.

- **Week one:** Relax and recharge, Going deeper and deeper with concentration power.
- **Week two:** See, Hear and Feel better, Rewarding skillful use of the senses.
- **Week three:** Mindfulness in the wild, Everyday meditation for life.
- **Week Four:** Nurturing positivity for intentional happiness.

Dear Friend:

Our goal at the Hermitage is to promote meditation as a path toward inner peace. In this four week course we explore meditation using the Unified Mindfulness system. This system aims "To ameliorate suffering and promote human flourishing globally through experiential, comprehensive, evidence-based training for both mindfulness students and teachers."

During this course you will learn deeper relaxation, stress relief, mindfulness, and mental clarity. This is an easy entry point toward finding inner peace, improving focus and much more.

In peace and mindfulness!

Samuel

*unifiedmindfulness.com

The Hermitage Attn: LuLu

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Indianapolis, IN 46205

(317) 545-0742

Email: lulugk@att.net

Introduction to Meditation INDIANAPOLIS

2025 Introductory Prices!!

Special 2025 Price	\$40
Regular Fee	\$80
Additional family member(s)	*\$20
Graduate Donation (previous attendees)	\$10

*Additional family member price applies to spouse and dependent children, 18 or younger. This price also applies to full-time students (ID required), and senior citizens (60 and older).

Please make checks payable to The Hermitage. To register by phone and pay with a Credit Card, or if you have any questions call LuLu at (317) 545-0742 or email her at: lulugk@att.net

Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

Amount Paid: _____ Check # _____

Email _____