

# 4 Week Beginner Meditation Series

**Monday evenings: July 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>**

**6:00-7:15pm**

**Location: Pelvic & Orthopedic  
755 Ela Road  
Lake Zurich, Illinois 60047**

*Meditation affects the body, mind and spirit. It helps to:*

- ***Reduce stress and tension***
- ***Increase energy and vitality***
- ***Improve physical and mental well-being***
- ***Balance emotional wellness***



*Spend some time this summer slowing down and living more mindfully in each moment. In this four week series, you will learn the best supportive posture for your body, how to identify and stay with your breath, and how to quiet your mind. By the last class, you will have learned how to develop and maintain your home practice. We will be focusing on mindfulness meditation every week in addition to practicing three alternative forms of meditation. Come find out what the benefits will be for you!*

## **About Susan Short, MA**

*Focused on treating the complete body, mind and spirit, Susan Short began meditating fifteen years ago. Susan believes the success of counseling, and ultimately life fulfillment, can be enhanced significantly when breath awareness, meditation, and mindfulness are part of the treatment. Susan has a Master's Degree in Counseling Psychology from Northwestern University, and completed a year-long deep study in Meditation Teacher Training. She continues to study at Touching Earth Mindfulness Center in Evanston. Susan works with individuals and groups in the Chicagoland area.*

**Cost: \$100. To register, contact Susan Short at [susnat@ameritech.net](mailto:susnat@ameritech.net) or call (847) 217-8987**