

**Relieve Stress and Improve Overall Well-Being**

# Meditation



Meditation is an ancient and powerful practice which research now shows has tremendous health benefits. Learn beginning meditation techniques that will help you rejuvenate, relax, and be more effective in your life. This class will teach you how to start your own meditation practice, relieve stress, and improve your overall wellbeing.

*Instructor: Allen Astin.*

**Age: 18 and Up**

**FEE: \$20 Resident, \$25 Non-resident**

**Dates/Times:**

**Tuesday, June 9, 7 - 9 P.M. Class #5280.219**

**Tuesday, August 4, 7 - 9 P.M. Class #5280.229**



**COMMUNITY ASSOCIATIONS  
OF THE WOODLANDS, TEXAS**

**Parks and Recreation**

**The Woodlands Recreation Center  
5310 Research Forest Drive  
The Woodlands, Texas 77381  
Phone: 281-210-3950**