

# MEDITATION CLASSES FOR 55+

This class is designed for those individuals who feel overwhelmed with the anxiety and stress of everyday life, or those who battle with stress-related disorders. Bring harmony into your life! Create awareness methods to diminish stress & create balance for yourself.

## Find the secret to:

- Building a resiliency against stress
- Discovering techniques you can use to interrupt the stress cycle and initiate the relaxation response
- Decreasing your heart rate and lowering your blood pressure
- Stretching the tension out of your muscles
- Learning an important tool you can use to calm yourself in any situation, including panic attacks.

## This class consists of instruction, demonstration and practice.

Research has shown that when meditators come together as a group, the positive effects of each person's meditation are often deepened, as well as having a beneficial effect on the community surrounding them.

Participants are welcome to participate on a regular basis. No previous experience is needed. Some instruction, along with relaxation techniques, pranayamas (breathing exercises to quiet the body and mind) usually precede the 15 minutes of silent meditation. And after meditation, there is a brief time for sharing of experiences.

## Detailing the program:

- a. simple steps that use meditation for healing.
- b. exercises to support stress reduction and improve sleep.
- c. foundation skills to begin and maintain a powerful meditation practice.
- d. tools to establish and maintain a personal meditation practice that fits into your lifestyle.

Classes are 1 hour long - 11:00 am to 12:00 pm and 1:00 pm to 2:00 pm in their respective towns.  
Class sizes are limited and are on a 1st come, 1st served basis - register early!

To register for Gloucester Twp. classes  
contact Diane Jones, (856) 435-5734  
and/or [recdept@glotwp.com](mailto:recdept@glotwp.com)

To register for Cherry Hill classes contact  
(856) 488-7868 and/or  
[recreation@chtownship.com](mailto:recreation@chtownship.com)

## VENUES:

### GLOUCESTER TWP. RECREATION CENTER

80 BROAD ACRES DRIVE  
(NEXT TO THE CHERRYWOOD DEVELOPMENT)  
BLACKWOOD, NJ 08012

### CHERRY HILL MUNICIPAL BUILDING

(2ND FLOOR COUNCIL CHAMBERS)  
820 MERCER STREET,  
CHERRY HILL, NJ 08002

### SENIOR MEDITATION - GLOUCESTER TWP.

Wednesday, 3/21 - 11a.m  
Wednesday, 04/11 - 11am  
Wednesday, 4/25 - 11am  
Wednesday, 5/9/ - 11am  
Wednesday, 5/30 - 11am

### SENIOR MEDITATION - CHERRY HILL

Wednesday, 3/21 - 1pm  
Wednesday, 4/11 - 1pm  
\*Wednesday, 4/25 - 1pm - Class will be held at the Cherry Hill Public Library (lower level conference room),  
1100 Kings Highway North, Cherry Hill, NJ 08034\*  
Wednesday, 5/9 - 1pm  
Wednesday, 5/23 - 1pm