

# 7 Week Meditation Class

starts Monday June 12, 2017 in Northside

## \*\*\*\* WHY MEDITATE? \*\*\*\*

- 1) Leads us to greater Joy and Peace
- 2) Alleviates depression, anxiety, mood swings
- 3) Lowers blood pressure, promotes better sleep
- 4) Encourages resiliency and healing
- 5) Enables mindfulness in everyday life

**HOW?** This class will focus on mindfulness of breathing to help center our minds and bodies in the present moment. It will also include relaxation music, nature sounds, and imagery to promote healing. Beginners and experienced meditators are welcome!

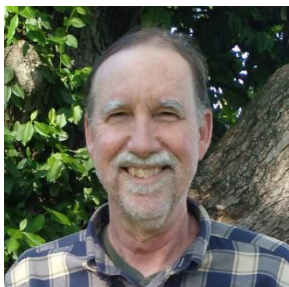
**WHERE?** Revelation Spiritual Church, 4251 Hamilton Ave 45223 (in Northside)

**WHEN?** Mondays 7 pm to 7:40 pm June 12 to July 17

Meditation itself will be approx. 20 mins preceded by a brief introduction and followed by an (optional) instructional video or teaching and follow-up Q&A discussion

**COST?** \$56 for 7 weeks payable on June 12th. Optional Meditation CD for addl \$12

**With WHOM?** **Jay Busemeyer, MARS, certified Stress Management Trainer**  
[www.holisticstressrelief.com](http://www.holisticstressrelief.com)



Jay has been teaching meditation classes since 2001. He held classes at Hamilton Cty Job & Family Services for employees, at Kenton Cty Community Education in N Ky, at local churches in Cinti, and while working as a Chaplain and Mental Health Specialist for 2 years at The Lindner Center of Hope. Jay struggled with bipolar disorder as a younger man for nearly 20 years and this experience led him to pursue holistic healing methods and practices. Jay is also available for spiritual coaching,

or for psychological and emotional support. Please contact Jay at [jaybus@twc.com](mailto:jaybus@twc.com) if you have questions or would like more information.