



Introduction to Meditation (3-class series)

Winter/Spring 2012

Session 1: Sundays, Jan. 22, 29 and Feb. 5

Session 2: Fridays, March 2, 9 and 16

Session 3: Sundays: April 15, 22 and 29

All classes meet from 10:00 am – noon

\$90.00/session (\$85.00 if you register at least 2 weeks prior)

Begin a meditation practice or deepen your existing one. In this course, you will practice reliable meditation techniques and discover one that is right for you. You will learn how to handle obstacles and problems you may encounter, and how to fit meditation into your busy life!

Instructor: Mary Lou “Manisha” Soczek, MS, Meditation and Yoga Teacher
Mary Lou is a scientist, teacher, and professor of biology. She has completed the foundational courses of Svaroopa® Yoga and Meditation Teacher Training with the Master Yoga Foundation. She is a Certified Svaroopa® Introductory Teacher and Certified Embodiment® Yoga Therapist. “Manisha” is the Sanskrit name given to Mary Lou by Swami Nirmalananda Saraswati, the founder of Svaroopa® Yoga. It means wisdom, thought, wish, or idea.

Classes will be held at:

Tranquility Yoga, 235 Littleton Rd, Unit 1, Westford, MA 01886

Registration: Becky Bronson: 978–729-4731

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