

# Introduction to Meditation

*Spring 2018  
Session*

February 26  
(6pm-8pm)

Dana's Day Spa  
303 E. Hillcrest, DeKalb

Cost: \$25



Meditation is an ancient practice also referred to as “sleep with awareness”. The goal is full body relaxation for rejuvenation. Meditation can help to quiet the overactive mind and promote better sleep. It helps completely relax the body and mind, easing anxiety and stress. Anyone can practice meditation as it doesn't involve physical actions. While it is normally practiced lying down, you can practice it either sitting or standing as well. This class will introduce participants to the concepts of meditation and provide opportunities to practice as well as tips for overcoming meditation distractions.

Julie Gavin-Freeman, LMT, BCTMB, I-AYT is a highly trained instructor and practitioner with strong clinical abilities and a successful career in massage therapy, educational institutions, and medical facilities. As a Professional Anatomist, Julie has taught in a variety of educational settings for over 15 years covering all topics including but not limited to anatomy, physiology, pathology, ethics, business practices, documentation, medical terminology, and massage application. She has co-authored published research articles, papers and presentations and written curriculums/course work. Julie's educational mission is to focus on scientific material utilizing a combination of information sharing, antidotal teaching and dialectical methods to facilitate critical thinking and efficacy.

Please contact Melissa Gallagher for  
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