



PATH TO

Wellness

Wednesdays May 13, 20, 27

Learn how to take care of yourself, manage your stress, calm your mind, and find your personal path to wellness.



Working **Outside** to Inside **Chair Yoga and Self Massage with Melissa Mantha**

9:30 - 11:00 a.m.

Melissa is an Interfaith Minister who has spent 10 years in the holistic healing field as a shiatsu practitioner and reflexologist. As a student of yoga and meditation, she attributes her profound sense of well being to her daily practices. www.revmelissa.com

Working **Inside** to Outside **Meditation Practice Institute "Basics of Meditation" training**

6:00 - 7:30 p.m.

MPI's mission is to enrich the lives of individuals and the success of organizations and businesses by providing meditation instruction that is founded on ancient tradition and tailored to meet contemporary needs.



La Paloma Urgent Care and Physician Offices Community Classroom

4001 E. Sunrise Dr. • Tucson, AZ 85718



You are welcome to come to one
or both sections.

Fee - \$15 per class / \$40 for 3 classes / \$80.00 for 6 classes.

To register or for more information
about these classes contact Julia at

julia@meditationpracticeinstitute.org or (520) 731-3138