

# Meditate for life

**A dynamic interactive course that will change your life**

**Connect to the art of living, breathing & understanding...**

A 1 day course designed to educate mind, body & spirit  
with everyday lifestyle skills & meditation that can be applied  
anywhere, anytime!

**...empower yourself  
with YOU!**

*Course Umbrella*



Why meditate, types of meditation & choice of meditation  
to suit your lifestyle! \*Each week includes meditation

Learn Personal Empowerment;  
acquire knowledge; how to... **Stress (less)**, exercise, eat healthy (nutrition)  
Time Management/Goal Setting Energy & Breath work  
How to get the most out of your relationships; personal/professional  
**Network with positive energy &  
gain freedom to 'feel good'.**

Call or email for starting dates;

May 1 day course, 6 week course September/October

\*Day & Evening Classes - call for details

6 week course \$249.00 includes all materials

tax receipt available

Rexall Drug Store & Wellness Centre

9625 Yonge Street, Richmond Hill

call or email to pre-register

*Sheila Bristow*

CSMS, QBS

416-524-0779

*Rose A. Weinberg*

DIHom. (Pract.), HD (RHom.), DCN, D.Ac

647-999-3733

to view bio's [www.roseAweinberg.ca](http://www.roseAweinberg.ca)