

Interested in learning how to meditate? Looking for a **FREE** meditation group, ways to improve your stress management, or simply for some quiet time?

Come join a
FREE meditation
group!

The one hour group starts November 5, 2016 and runs the first Saturday of every month from 10-11am.



Those of any religion, or even those with no religion at all, are welcome to attend this casual, non-denominational group. Also, feel free to bring your friends, family, or acquaintances to the group to share the serenity. Even other professionals looking for some relaxation are welcome to attend.

Due to limited seating, simply RSVP that you will be attending.

The hour timeframe will include introductions, a brief meditation instruction, time to meditate, and a portion for questions and answers. Please arrive on time in order to respect the silence once the time for meditation has started. And, while I honor your role as a parent, in order to keep the atmosphere as relaxing as possible, I ask that only those who are well-behaved and at least 13 years old attend.

You are welcome to bring your own meditation cushion or comfort device as needed in order to attend to any physical needs you may have. Otherwise, we will be practicing sitting on chairs.



Ashley Carter Youngblood is a licensed clinical social worker and marriage and family therapist that has been in the field since 2007. She offers counseling in the Kalamazoo and Portage areas of Southwest Michigan. She specializes in holistic approaches to therapy, including acupuncture and mindfulness, and has had her own, personal meditation practice since 2008.

Any cancellations due to inclement weather or emergencies will be posted on Ashley's website, www.kalamazoo-counseling.com, under the "News" tab.


Meaningful Connections
C O U N S E L I N G
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To RSVP, for directions, or with any questions, contact Ashley at a.carter.youngblood@gmail.com or (269) 459-9790, extension 5.
There is limited seating at the facility.