

Teen Meditation and Stress Relief

Insight Meditation Center

February 18, 2012 10:30am – 2:30pm

Relax,

Let the stress and anxiety go...

Spend a day with yourself and other great teens in a supportive and fun environment that welcomes you, just as you are!

During this Teen Retreat you will learn to meditate, practice Yoga, play games that build community and safety, and get to be who you are!

Beginners welcome. Suitable for teens in high school, at all levels of experience with meditation.

Rebekkah La Dyne, Spirit Rock Family and Teen Program Teacher and Aaron Chavira, Insight Meditation Center Teen Program Co-Leader, love leading teen events and hope to see you there.

Bring a bag lunch and join us!

To pre-register, or to ask questions about the event, email Liz Powell at eapowell@aol.com.

Insight Meditation Center 108 Birch Street Redwood City, CA