

MEDITATION CLASS SERIES

Offered by Ofer Erez

January 22 & 29, February 5 & 12

7:00 – 8:30 p.m.

In Walnut Creek near John Muir Hospital

\$64 for the Series

About the series: The classes will provide an introduction to various meditation techniques. The goal is to help us find better ways to deal with stress, fear and anxieties, to increase our patience, and to improve our abilities to relax and feel good – something we could all surely use! During each class, Ofer will provide an explanation of certain techniques, and then we will have time to discuss them and practice them. He'll cover techniques that can be used to deal with short-term situations, as well as techniques that can be used to develop a life-long daily practice.

About Ofer: Ofer is a Yoga Master, certified massage therapist, Reiki Master and certified Feldenkrais teacher. He is the Head Trainer at the Sugi School of Health and Fitness and has been teaching since 1989.

For more information about the series, contact Suzan Carmichael at (925) 977-9746 or suz_car@yahoo.com.

For more information about Ofer, go to www.sugihealth.com or contact him at (925) 934-3120 or ofer@sugihealth.com.

REGISTRATION

Name: _____

Phone number: _____

E-mail: _____

- Cancellation policy: Within 2 weeks or more notice, refundable. Less than 2 weeks notice, no refund.
- Make checks payable to: Ofer Erez, 2096 Hoover Ave, Pleasant Hill, CA 94523
- Upon registration, we will provide you with the location of the course (a private residence).