

# Relax and Unwind with Meditation

All levels of meditators from beginners to advanced are welcome.

## Let's Meditate: Going Within to Your Peaceful Space

**Thursday, September 21, 6:00-8:00pm, FREE**

*Lowell General Hospital, Main Campus, Clark Auditorium*

This class is for anyone who wants to cultivate their inner-world and nourish their body, mind and spirit through the means of meditation. We will explore meditation through the means of sound and vibration, as well as other styles of meditation that enhance peace and relaxation.



## Meditation Three-Week Series

**Thursdays, October 26-November 9, 6:00-8:00pm, \$40**

*Lowell General Hospital, Main Campus, Clark Auditorium*

Are you looking to expand your awareness with meditation practice? Experience meditation through the means of sound and vibration (Himalayan singing bowls and gong), practicing breathing meditation, mindful meditation, Metta meditation (love and kindness practice), mantra meditation, and walking meditation. All you need is an open mind, heart, and your beloved self.



Presented by: Kimberlee Moore, M.Ed., M.Ac., L.Ac., Dipl. Ac. (NCCAOM) is a licensed, board-certified acupuncturist, who holds a Master's Degree in Chinese and Japanese Acupuncture from New England School of Acupuncture, and another in Counseling Psychology from Rivier University, as well as training in Multicultural Perspectives. She is also a master level certified Sound and Harmonics Practitioner. With over 25 years' experience in the holistic field, she incorporates Acupuncture, Meditation and Therapeutic Sound in her treatments to enhance the healing process.

## Registration Required!

Call 1-877-LGH-WELL (1-877-544-9355)

or visit [www.lowellgeneral.org/health](http://www.lowellgeneral.org/health).

