



integrative wisdom path

PRESENTS

INTRODUCTION TO MEDITATION AND BREATH AWARENESS

Thursdays in February, March, April & May

Meditation, which means 'training of the mind', has been practiced in ancient traditions for millennium. Science is now discovering and affirming the benefit of meditation in not only reducing stress and blood pressure, but also promoting a sense of joy, calmness and well-being. With the increasing demands in our busy modern lives, it is helpful to learn simple steps to enhance our physical, emotional and mental health.

This class meets once a month (1st Thursday except for June) for 4 months, beginning March 4th. Limited to 12 people, the group size promotes personal feedback, attention and discussion. The first class will introduce participants to the different schools of meditation, breath awareness and purification breath practice. The following three classes will deepen each month with mindfulness practice, and compassion meditation.

Date: March 4th, April 1st, May 6th, June 10th (2nd Thursday of May)

Time: 7:30-9:00pm

Location: 446B S. Marengo Ave, Pasadena, CA 91101

Cost: \$30 per class, \$120 total. Commitment is to all 4 classes.

Please contact Dr. Lee at 626-396-1871 or drravenlee@gmail.com

or visit www.integrativewisdompath.com



Dr. B. Raven Lee is a transpersonal psychotherapist, meditation teacher, and fellow in clinical hypnotherapy. She is a long-time student of Bön-Buddhism, and teaches the ancient healing practices. Raven integrates Buddhist principles, dreamwork and shamanic healing with western psychology and interpersonal neurobiology in her private practice in Pasadena, CA, USA. A Reiki Master/teacher, she works extensively with energy, and is a certified diplomate in Energy Psychology. Raven co-leads "The Way of the Mystic Shaman" program and guides Celtic Dharma and Sacred Feminine pilgrimages to Europe.