

NEW

mindfulness meditation classes

15 Minutes Mindfulness

Learn to just be. Learn to slow down as opposed to always doing, thinking, planning, worrying, etc.

Helps to cultivate non-reactivity
Great for centering and calming

20 Minutes Satsang

Learn why the mind works the way it does, why we get so swayed by thoughts and emotions & ultimately what is needed to stop that. Each week will focus on a specific topic such as trust, anger, relationships, fear.

Cultivates compassion and understanding for both ourselves and others.

25 Minutes Active Meditation

Working with the thoughts, emotions and sensations that arise in relation to the specific topic of the night to help soothe and heal.

Great for unrooting and working with unconscious mental and emotional patterns that ruin our lives

Equals 1 Life Changing Hour

COMFORT & BALANCE
Alternate Solutions to Everyday Stress

83 Woodbridge Ave
Sewaren, NJ 07077
732-750-8767
comfortandbalance.com

- Thursdays 7:15-8:15pm, starting now!
- 4 Consecutive Classes/\$20 each
- if you cannot make a class, share your classes & give someone your class
- Or 1 drop in class for \$25
- Take class live in our studio or by phone or via skype
- Start anytime you would like

**Absolutely
no experience
necessary.
Beginners
Welcome!**

**Stop letting your thoughts
create havoc in your life!**