



mindfulness meditation classes

15 Minutes Mindfulness



20 Minutes Satsang



25 Minutes Active Meditation

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

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.

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

Each week will focus on a specific topic such as trust, anger, relationships, fear.

Helps to cultivate non-reactivity
Great for centering and calming

Cultivates compassion and understanding for both ourselves and others.

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, starts now!
- 4 Classes/\$20 each - if you cannot make a class, send someone in your place
- Take class live in our studio or by phone or via skype



Stop making excuses and start taking control of your life today!