



Meditation for the 21st Century

Has stress or anxiety had a negative effect on your life?

Does the frustration of the daily grind affect your behaviour and the quality of the relationships you have with others?

Do you lose mental focus and find it hard to keep perspective at times?

Are you always tense and need help to relax and enjoy life?

Inspire Fitness would like to invite you to *'Meditation for the 21st Century'*, a lesson in both the theoretical and practical components of Meditation. Using a blend of meditation and relaxation techniques, our presenter **Arian Young** invites you to discover what your personal meditation style is, and how you can use meditation in your path to resilience and wellness.

Arian's extensive experience is astounding, being a former Buddhist Nun with over 30 years of meditation experience and 15 years in the Oriental Medicinal and Intuitive Arts. Today, Arian is a speaker, presenter, and writer.

Date & Time: Wednesday 27th August, 2014, 7.45pm—9.15pm

Address: Inspire Fitness for Wellbeing
317 Doncaster Rd, Balwyn North 3104

Cost: \$10 per person.

RSVP: **Bookings essential** as places are limited.
Call 9857 3007 to secure your place!

In our 90-min seminar and practical workshop, you will learn to feel **spontaneous and natural stress relief**, using meditation techniques that are unique and appropriate to you. Arian will share her knowledge to help make meditation a powerful tool for **improving your quality of life** today, tomorrow, and into the future!

Meditation has a wide range of benefits:

- Deeper levels of **relaxation**
- Increased imagination, **ability to focus** and comprehend
- Less **workplace stress**, increased work productivity
- Lower **blood pressure**
- Can help **stabilise symptoms of diabetes**
- Can **reduce medical care costs**
- Strengthen your **immune** system
- Slows the **aging** process



Don't miss this amazing opportunity! **Call Inspire Fitness today on 9857 3007** to book your place. Be quick: numbers are limited for what is sure to be a life-changing event!