



# Learn to Meditate

## Benefits of Meditation

- Gain a new perspective on stressful situations
- Increase self-awareness
- Focus on the present
- Understand negative emotions

*"Human beings want to feel alive and connected to life in meaningful ways. Meditation is the opening of the heart and mind to the joys and difficulties in our life."*

PEMA CHODRON

Do you ever experience your mind constantly spinning with thoughts, worries, and ideas? Do you try to relax, but the stillness and quiet intensifies the thoughts and tension in your body? Does the absence of being busy create an unease or discomfort?

Each of us longs for a calm mind, relaxed body and an inner sense of well-being, but we don't know how to ease the mental noise and soothe the body into relaxation. During the introductory discussion about meditation you will learn:

- The framework for understanding your mind.
- The process of developing a meditation practice through visualization and breathing exercises.
- How meditation can be an invitation to a deeper understanding of yourself and lead to a feeling of inner well-being.

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**Sunday, January 15; 11:30 am - 1:00 pm**

\$20 before January 10; \$25 after

**Saturday, March 25; 4:30 - 6:00 pm**

\$20 before March 20; \$25 after

## Beverly Yoga Center

Nurturing the mind, body and heart through yoga and meditation.

1917 West 103rd Street  
2nd floor

[www.beverlyyogacenter.com](http://www.beverlyyogacenter.com)



Carly Carney

Carly has been teaching yoga and meditation since 2002. She opened the Beverly Yoga Center in 2006 to offer a welcoming and comfortable place where people can nurture their bodies, calm their minds, and connect with their hearts. Carly has always been curious about how uncomfortable feelings, fractured relationships, and difficult life circumstances can linger within us. In her yoga and meditation classes, she guides students to experience peace and relaxation, and to cultivate an inner friendliness. Carly is an experienced yoga teacher in many disciplines, with certifications in Hatha and Yin yoga. She is trained in Insight Yoga, which blends yoga and meditation with an exploration of the human spirit. She also uses the Internal Family Systems model, a therapeutic approach for self-leadership and inner peace. She continues to teach yoga and meditation classes, lead retreats, and speak locally about leading a peaceful, meaningful life.