

Discover how simple Meditation can relieve stress and enhance your healing



Meditate or Medicate?

Meditation is a way to bring the mind to a place of rest. It allows the mind, body, and emotions to unstress, re-balance and reset. Stress works to block the flow of energy in our body. Once stress is released, the energy begins to flow again in a more natural and healthy way. Practicing meditation on a daily basis will assist you to:

- Manage stress and reduce anxiety
- Improve your relationships
- Speed your healing
- Lower your blood pressure
- Create inner peace
- Enhance your sleep patterns
- Connect you more deeply with spirit

Nirvair Singh Khalsa has been a meditator for over 30 years, yoga teacher, ceramic artist, computer test engineer, spiritual counselor, and intuitive energetic healer.

Dates & Time: Every Thursday, 7-9 PM **Starting March 12th**
Location: Tibetan Healing Center, 4115 Third Avenue, San Diego, CA 92103
Cost: \$25 per class or 6 classes for \$120
Instructor: Nirvair Singh Khalsa
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