

Healing Meditation Topics

Synergy Medical Fitness Center – Tuesdays, 1 – 2 p.m. Upstairs
with Becca Pronchick, Certified Ananda Yoga & Meditation Instructor

Benefits of Meditation Practice:

Calming the mind, reduction of stress, loving kindness & compassion, connection to intuition, healing & pain relief, peace & clarity and many more!

- Nov. 2 Visioning Guided Meditation – What is the vision for my health?
- Nov. 9 Meditation Basic Techniques
- Nov. 16 Lovingkindness (Metta) Meditation
- Nov. 23 Eating Meditation – Happy Thanksgiving!
- Nov. 30 Tap Into Your Healing Power for Pain Relief
- Dec. 7 Visioning Guided Meditation – What am releasing?
- Dec. 14 Stress Reduction Meditation Techniques w/ Ann Yates (2-3 pm)
- Dec. 21 Relaxation Techniques for the Holidays
- Dec. 28 No Class – Happy, Happy Holidays!
- Jan. 4 Visioning Guided Meditation – What am I welcoming in?
- Jan. 11 Preparation for Meditation – Movement, Breath, Alignment
(with Ann Yates – 2-3 pm)
- Jan. 18 Overcoming Procrastination with Meditation & Awareness
- Jan. 25 Tap Into Your Healing Power for Pain Relief

HEALING MEDITATION CLASS

Becca Pronchick, CPCC

707-253-8733

bp@beccapronchick.com