

Sattvic Space Meditation: A Path to Happiness

Life in these modern times can be busy and hectic! Finding a healthy way to slow down is key to a life of joy and happiness.

An Ancient way of slowing down is meditation. Scientific research over the past 20 years, has indicated that this ancient practice is unparalleled in its ability to reduce stress and increase joy and happiness in a person's life. Yet even though science now validates the positive outcomes of a daily meditation practice, we find that very few people practice.....

During the month of March, the Sattvic Space will offer weekly group meditation (Tuesday 10:30 A.M.-12) The meditation will consist of the following: 30 minutes of sitting meditation, 15 minutes of walking meditation, 15 minutes of sitting meditation, followed by instruction. The group is open to beginner, intermediate and seasoned meditators.

If you are interested in joining a weekly meditation group, please e-mail me at the following address: rmfiery@outlook.com. Upon receiving your e-mail, I will contact you to provide more information, answer questions and schedule an orientation.

NOTE: It is recommended that you get started by doing the following.

- 1) Purchase a book called Mindfulness in Plain English by Bhante Gunaratana.
- 2) Read the first five chapters: pages 1-56
- 3) Start practicing: 10-15 minutes per day.



sattvic space

info@sattvicpaceyoga.com | www.sattvicpaceyoga.com | (757) 655-3322