

MINDFULNESS WITHOUT EFFORT

AN EASY INTRODUCTION TO
MEDITATION



Teacher:
Michael Arkof

Learn the basics of meditation to better
relieve stress, ease anxiety and find greater
balance in your life.

**FREE FOR
ALL AGES**

9:30AM - 10:30AM

**AUG 5
AUG 12
AUG 19
AUG 26**

REGISTER HERE

*Must attend all sessions.
No drop-ins.



818-995-1690



4935 Balboa BLVD, Encino CA. 91316



laparks.org/reccenter/encino-community

