

Calmer

for women

Simple

Breathing Techniques

Practical

Stretching

Portable

Mandalas

Join fellow student Stacey Angel for a **FREE** 90-minute exploration demystifying the art and science of meditation.

Date: **Saturday, June 18 @ 9:00am**

Location: Kanawha United Presbyterian
1009 Virginia Street, East
Downtown Charleston

Register: [Facebook.com/calmerwv](https://www.facebook.com/calmerwv)
or call/text **304-545-5332**

Bring a yoga mat and bolster or two large blankets to sit on.