

# How to Calm a Restless Mind

*IN-STUDIO MEDITATION STUDY & PRACTICE*  
*(Suitable for mature teens through seniors)*

## LEARN...

Relaxation Techniques

Concentration

Visualization

Breath Control



## INCREASE...

Mental Stillness

Emotional Stability

Transcendant Wisdom

**THURSDAYS, 6-7:15PM**

*STARTING MAY 8, 2025*



*Open Spaces Yoga Center*  
*www.openspacesyoga.com*  
*928-940-0996*

*with Classically Trained*  
*Meditation Teacher*  
*Ken Hosie*



*~ OSYC Class Rates Apply ~*