

# INTRODUCTION TO MEDITATION

SUNDAY, NOVEMBER 1, 2009  
2-4 PM



**Many people have the desire to meditate but have no idea how to get started. Come and learn some basic introductory meditation techniques that you can incorporate into your daily life.**

**Remember, there's no time like the *present!***

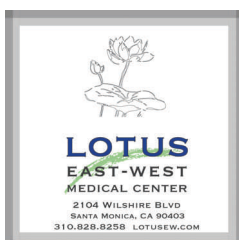
- Learn how meditation changes your brain and enhances your day-to-day functioning
- Experience simple meditation exercises from the two basic styles (focused meditation, mindful meditation)

Please come dressed in comfortable clothes. Bring a blanket or yoga mat.

**Location:   Aanand Saagar - A Wellness Sanctuary**  
**606 Venice Boulevard, #H, Venice, CA 90291**

**Fee:           \$25.00**

To reserve your space, please call Lotus East-West Medical Center  
at 310-828-8258



Deborah Anderson, Ph.D., RYT is a licensed psychologist and registered yoga teacher with expertise in mind-body medicine. She uses a variety of mind-body techniques (e.g., relaxation and mindfulness training, hypnosis) to promote healing, symptom reduction, and overall well-being. In 2006, she became a yoga teacher to further her knowledge of mind-body healing, and she teaches yoga and meditation classes (including prenatal yoga) . Her combined knowledge of psychology and yoga creates a unique perspective with which to approach clients in both practices. For more information, please call 818-235-2158 or visit [www.drdeborahanderson.com](http://www.drdeborahanderson.com), [www.mindfulbeing.net](http://www.mindfulbeing.net) and [www.lotusew.com](http://www.lotusew.com).

