

# MEDITATION...

## Take time to Relax and Meditate with Lisa



Please join Lisa Greenleaf for a relaxing & calming guided group meditation/practice at the Villages at Kessler Farm's Clubhouse, 71 Kessler Farm Drive, Nashua, NH.

*This will be offered on the 3rd Wednesday  
of every month, beginning*

Wed., October 19th. 7:00 P.M. – 8:30 P.M.

*This is a free workshop. Appropriate for all ages and levels.*

*Beginners welcome!*

Lisa will guide you through a series of easy-to-follow meditations which will help you discover a stillness from within. During the meditation your body will relax, your heartbeat will slow down, and that constant chatter in your head will begin to fade away. After the practice you will feel relaxed and rejuvenated.

### **During these practices, you will:**

- set an intention for your practice.
- learn the simple art of breathing.
- receive guidance and instruction on how to prepare for a meditation.
- be guided through different types and lengths of meditations.
- learn different techniques to help assist in the meditation process.
- discover how, with the simple art of meditation, you can achieve happiness, comfort, healing, serenity and balance.

Meditating has many benefits for your health, mental state, and wellbeing. Joining a meditation group can help you understand how simple and easy this relaxing process can be. You will eventually learn how effortless it is to meditate and soon be able to practice in your own home. By taking a little time for yourself, you can lead a happier, healthier, and more balanced life.

*Please dress comfortably & bring 1 or 2 your waterbottles. Chairs will be available. If you would like to sit or lay on the floor, please bring your own blanket, pillow and/or yoga mat. The workshop/practice will last approximately 90 minutes.*

If you have any questions or need more information please contact Lisa at:  
Lisa@Lisagreenleaf.com or 603-566-3104.

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## ***About Lisa***

*Lisa Greenleaf* is a fine-art artist, graphic designer, art teacher, and motivational speaker, as well as a certified Reiki Master, IET Master teacher and Akashic Record practitioner. She is an award-winning, author/illustrator and book designer of over 30 books.

Lisa is the owner of *Greenleaf Design Studio*—providing clients with full graphic design services, book designing/publishing, creative consulting, teaching and more. She is also the owner of *Greenleaf Arts & Healing*, in which she provides Reiki and IET energy healing, Akashic Record readings, meditation practices, and Mediumship. Lisa's background and knowledge in the spiritual, corporate, and art worlds provide her with a unique set of skills and perspectives that she uses to assist you in finding a balance within your family, life and career. Lisa has inspired, mentored and taught all ages. She believes everyone has their own set of abilities, gifts and talents, and with the right guidance and encouragement they can discover their true passion through art and the creative process.

When Lisa takes a little break from her artsy/healing sides, you can find her paddling her kayak along NH and MA rivers and shores. In the evenings, she is frequently, singing and playing her ukulele at open mic venues with her beloved Bob.

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