



Student
And
Family
Enrichment

Every Wednesday 10:00-10:30am
1009 C Avenue

“When you own your breath, nobody can steal your peace.”

~ Unknown

MEDITATION

We often feel like there isn't time in our day to stop and connect with ourselves, but did you know that meditation gives you *more* time by making your mind calmer and more focused? Join us every Wednesday morning to bridge the benefits of mindful meditation.

- * Increase your ability to **manage stress**
- * Begin to understand and **connect** with yourself
- * Improve emotional regulation, memory, & **focus**
- * Find a sense of **calm**, inner **peace & balance**
- * **Reduce pain** and feelings of depression, anxiety, or anger
- * Increase blood flow, **energy**, and immune response

Beginners and experienced meditators welcome!



Weekly Meditation is facilitated by Pat Zaroni, local Coronado resident, retired Licensed Marriage and Family Therapist, and Meditation Guru who has been practicing and teaching meditation for over 30 years.

Coronado SAFE
1009 C Avenue | 619-522-6884 | www.CoronadoSAFE.org

