

**HEALING HANDS CHIROPRACTIC
PRESENTS:**

Transformation Meditation *Foundation Series*

Our next **Transformation Meditation Foundation Series** for stress management, improved health & inner peace will be taught by **Dr. Jessica Caruso of Healing Hands Chiropractic.**

Classes start: May 12th,
6:30-7:30PM- series of 6
classes.

Tuition: \$75

To register for this class please mail a check for \$25.00 (non-refundable deposit) made payable to Healing Hands Chiropractic to the address below by May 5th along with your registration form.

Healing Hands Chiropractic
25 Nashua Rd.,
Suite F2
Londonderry, NH 03053

Phone: (603) 434-3456



Studies of meditation have shown reduced stress and anxiety, lower blood pressure, reduced chronic pain, improved health, vitality and self esteem.

If you have never meditated or if you tried and found it difficult to continue your practice, this course is for you. It will include the theory of meditation, effective techniques and practice time.

Additional Benefits of Attending

Learn simple & effective ways to calm your mind and emotions and experience a state of inner peacefulness and well-being. Learn to increase your productivity & enjoyment of life. Discover how to free yourself from disturbing thoughts & feelings and have harmonious relationships.