

**NESHAMA YOGA STUDIO\***  
IS PLEASED TO ANNOUNCE AN  
**INTRODUCTION TO MEDITATION COURSE\*\***

taught by Kevin FitzPatrick, LCSW, RYT-200

Have you always wanted to learn how to meditate? Few people have received formal meditation instruction or had the opportunity to practice more extended periods of meditation under the supervision of a qualified meditation instructor.

Would you like to improve your focus and concentration? Improve your memory? Reduce your stress and anxiety? Increase your self-acceptance and awareness? Strengthen your immune system? Lower your blood pressure and heart rate? Current research has consistently shown that meditation can help achieve all of these benefits, as well as actually bring about changes in the brain.

**Consider starting your year right by making a 4 week commitment. Develop a calm and conscious mind through meditation with a focus on the breath.**

The course includes supportive meditation instruction, experiential learning, demonstrations, meditation sessions of various types and lengths, class discussion and handouts. Participants will acquire the knowledge, skills and ability to develop a regular personal meditation practice and, given sustained practice, potentially derive the benefits described above.

The **90 minute class sessions** will meet on 4 consecutive Sunday mornings from 10:30 to noon, January 16, 23, 30 & February 6. Registration in advance and payment of tuition fee of \$250 is required.

**\*\*\$200 for early registration by December 31<sup>st</sup>.** Cash or check to Revi Frydman: 847-907-5078 [revital.frydman@gmail.com](mailto:revital.frydman@gmail.com) or PayPal or Zelle to James Frydman at 847-907-5018 "as friends". Neshama is located on the 2<sup>nd</sup> floor of the garage behind 823 15<sup>th</sup> Street, Wilmette. Kevin can be reached @ [kevinwfitzpatrick@gmail.com](mailto:kevinwfitzpatrick@gmail.com) or @ 224-715-8155.



Kevin FitzPatrick has had a daily meditation practice for 25 years and has attended over 30 weekend and week-long meditation retreats and workshops. He has given meditation instruction to numerous groups and individuals and is also a yoga instructor who has been practicing yoga for 17 years. A psychotherapist with over 40 years in the mental health field, Kevin lives his life mission: to empower through healing. He is known for his patience, humor and supportive nature.

\*Participants must provide proof of vaccination.