

# Basic Meditation at Mayo Clinic



*with Dr. Pauline H. Lucas PT, DPT, WCS, PYT  
Physical Therapist, Certified Yoga Therapist and Meditation Instructor*

**Are you looking for a way to relax, improve your mood, calm your mind, reduce tension in your neck muscles, and sleep better?** Meditation has been researched extensively in medical institutions and has been proven to be effective in all these areas by improving our health and wellbeing.

Meditation can be learned and practiced by anyone. It does not require any special equipment and you can meditate almost anywhere: at your desk, on a bus ride, or while waiting at the doctor's office.

In this class you will be guided through basic meditation techniques and receive instructions on how to start a meditation practice that you can continue for the rest of your life! Join us for one or all classes. Come try it out, have fun, relax, and enjoy the many benefits of meditation.

## Upcoming Sessions:

<i>Date</i>	<i>Time</i>	<i>Scottsdale Campus</i>	<i>Phoenix Campus</i>
Thu, Oct 20	12:00-12:30	Taylor Auditorium	MH 1-212
Thu, Nov 3	12:00-12:30	Taylor Auditorium	MH 1-115
Thu, Nov 17	12:00-12:30	Taylor Auditorium	Not Available
Thu, Dec 1	12:00-12:30	Taylor Auditorium	MH 1-115
Thu, Dec 15	12:00-12:30	Taylor Auditorium	MH 1-115

*Live from Scottsdale Campus;  
Broadcast to MCH and streaming video  
(Dates/rooms subject to change)*