

Meditation Circle with Mindful Movement

in a peaceful garden in the heart of East Palo Alto



We all face life challenges and struggles. We all experience the stress that these can create. However, we all may not take effective steps in caring for our overall health in mind, body, heart and spirit. See how you can be an active player in your whole health and well-being. Join our safe space to explore what it means to live in the present moment and have great joy even with the pressures of life.

August 15th, 2012 at 7pm - 8pm

2261 Clarke Avenue, East Palo Alto, CA 94303

(650) 323.0334 /email: houseofbiggirlgirls@yahoo.com

FREE (Donations welcome)

Learn tools to help you to:

Reduce stress, Develop patience, Have more compassion and love, Increase self-acceptance and esteem, Find peace of mind, Enhance joy and quality of life, Improve communication skills, Decrease and alleviate several physical health symptoms, Transform emotions and lift the spirit, Cope with pain in the body, Increase brain functioning and cognitive attention abilities, Cultivate inner resources and resiliency

Mindfulness has been researched and shown to improve conditions for the following:

High blood pressure, Cardiovascular disease and Heart health, High cholesterol, Cancer, Immune functioning, HIV, Chronic pain, Psoriasis and other skin conditions, Depression, Eating disorders, Substance abuse, ADD/ADHD, Insomnia, Digestion, and Motor functioning deficiencies

Hosts, **Marilyn Scott and Yolanda Rhodes**, EPA community members and activists –

See additional information at www.houseofbiggirlgirls.net

Facilitator, **Melissa Green, MS, MA** – See Bio at www.dragonflycenter.org/about-melissa.html