

**NEW GROUP FORMING**  
**Meditation and Relaxation**  
**Free Class!**  
**Fridays at 10:00 a.m.**  
**In the Iona Room**



Faith Church is pleased to begin offering an ongoing meditation and relaxation group. This is a follow up to the successful and well-received Meditation and Relaxation class in December. The group will meet on **Fridays at 10:00 am in the Iona room, beginning February 10<sup>th</sup>.**

Group leadership will be provided by Janet Kulesh, an experienced teacher and practitioner of meditation. She has led meditation groups for Sun Heath, area resorts, churches, and corporate groups as well as working with individuals. Janet is passionate about helping people learn and expand their lives using meditation. She is enthusiastic, friendly and has a wonderful way with people.

If you think this class will be totally serious and only a time of quiet, you may be surprised. Come and stretch your mind, your body and enrich your spirit. Any level of physical ability will allow you to fully participate. Learn new ways of relaxing and finding peace. This opportunity promises to be a fun way to connect with others as well as practicing some valuable techniques which will leave you refreshed.

**The class is open to Faith Church members, their friends and the community.**