



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUND MIND, STRONG BODY

## Mindfulness Meditation ROCKY MOUNT Y

Join a secular group meditation practice that can help one to develop a calm, perceptive mind. Novice and experienced meditators are welcome to attend this introductory session. These sessions are led by Mike Adams, an experienced guided meditation practitioner.

### Free Introductory Course

- Program runs 5:00pm-6:00pm on Thursdays
- Meet in Studio 1
- Ages 16 and up welcome

### Get Started

- Register with the front desk
- Class is free of charge
- Bring a meditation cushion, if you have one
- Wear comfortable clothing



Rocky Mount  
235 Technology Dr.  
Rocky Mount, VA 24151  
(540)489-9622

Smith Mountain Lake  
293 FirstWatch Drive  
Moneta, VA 24121  
(540)721-9622

Ferrum  
333 Wiley Dr.  
Ferrum, VA 24088  
(540)365-9622