



**ALASKA CENTER
FOR ACUPUNCTURE**

Presents:

Meditation as Stillness Practice

Date: Thursday, October 28th

Time: 7pm-8:30pm

Cost: FREE

**Location: Alaska Center for Acupuncture, in the Koslosky Center
above Vagabond Blues**

Internal Stillness is the foundation for a sane life

Many meditation practices put emphasis on finding peace and relaxation. You are taught that the goal is to quiet your mind in order to achieve inner tranquility. But what happens when you open your eyes and get off of the meditation pillow? Any meditation practice that doesn't address the other 23-hours of your day is ultimately nothing more than an escape, or a temporary mental vacation.

In this workshop, we will introduce a meditation method and perspective that will help you cultivate internal stillness that can become the ground from which we engage our busy and often chaotic lives. We will teach you meditation, not as a relaxation technique, but as a position you take in reference to your thoughts and feelings. In essence, you will learn how to no longer be **intimidated or limited** by what is going on in your busy mind or by the shortcomings of others.

Please pre-register for this free class by calling Alaska Center for Acupuncture at 745-8688. We can accommodate only 15 people for this workshop so please call early to reserve your space.

About the presenters: Samantha Berg, M.Ac., L.Ac., Dipl.Ac and Kevin Meddleton M.Ac., L.Ac., Dipl.Ac. are licensed and Nationally Board Certified Acupuncturists and co-owners of Alaska Center for Acupuncture in downtown Palmer. Your potential in health is our passion!

For more information, about this and other upcoming events, visit
www.AlaskaAcupuncture.com