

Heartfulness Meditation For Employees and Spouses!

**Meditate virtually online with Zoom in the
convenience of your home or office**

**Every Tuesday and Thursday
11:30 a.m. to Noon
January 5, 2021 through April 30, 2021**



Montgomery County is excited to be continuing the Heartfulness Meditation program in 2021 via ZOOM.

The HEARTFULNESS MEDITATION PROGRAM is taught in more than 160 countries around the world and is supported by the Heartfulness Institute, a non-profit educational, training and wellness organization. Heartfulness is a unique practice that provides a path to balance, well-being, and inner

peace. The physical and mental benefits of meditation practices are significant and effective in many areas of daily living including stress, anxiety, focus, and attention.

All sessions are conducted by a trained Heartfulness leader and last approximately 30 minutes. Each class will start with a 5-minute introduction so new participants are welcome at any time of the year!

[Click here](#) to join the Zoom meeting.

Meeting ID: 820 4238 9822; Passcode: 092856

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Heartfulness Trainer
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