

# ~Sunday Meditation~

## Everyone Invited

With Linda Stremmel

11:35 to 11:50 AM

Immediately Following Megan Dunne's  
Sunday All Levels Practice



### *About the Class...*

From inception in the East thousands of years ago, YOGA was intended to be a physical practice that would enable the body to relax enough to promote a peaceful interlude to quieting the mind.

My 10 am class on Sunday at Generations Yoga now includes a 15 minute guided meditation. It is with great honor that I invite Linda Stremmel, a familiar face :) in my yoga classes and a dedicated practitioner & teacher of meditation, to lead a 15 minute guided meditation after my 10am class from 11:35-11:50am. You have 15 more minutes to extend your practice and continue to explore your inner space that YOGA illuminates!

The yoga practice still ends at 11:30am and the meditation is OPTIONAL. If you do not want to participate in the meditation you will be able to leave at 11:30 without any change to your ritual yoga practice. Regardless of whether or not you participate in the yoga class, everyone is invited to attend the meditation, so share this information with your family and friends.

Linda will be providing this class free of charge. **An optional donation box will be available after class and 100% of contributed funds will go to the Essence of India Fund headed by Master Vivek Badoni.**

*For those intending to remain for the meditation, we request that you make extra certain to not park in the Homer's parking lot.*

### *About Linda Stremmel...*

Linda Stremmel has been a dedicated student and practitioner of yoga and meditation for many years. Ms. Stremmel's experience ranges from chakra meditation to kundalini yoga and she has been training with a local meditation teacher for more than 7 years. Her calming voice and soothing words will offer you an entry into your inner sanctuary that will provide you with an enhanced sense of well-being that will stay with you well beyond your time at the studio and make your everyday life a more tranquil and loving experience. In addition to teaching meditation, Ms. Stremmel is a relationship coach.

