

MEDITATION FOR YOUR HEALTH AT KALMBACH



Be part of our meditation series with Kathy Lockett, our certified instructor, at Kalmbach Park for an Intro to Meditation Class on Monday November 21 at 7:00pm. Bring a mat or blanket. We will meet in the barn community room and have cushioned chairs for all participants.

Kathy's has been on a wellness journey for 20 years. She attended her first meditation class fifteen years ago as a stressed-out stay-at-home mom dealing with anxiety. The tools and practices she learned helped her have a better handle on life. Five years ago, she returned to her meditation practice when she found herself in a challenging stage of life. Her journey led her to the Chopra Center in Carlsbad California where she attended the Perfect Health retreat. She continued to work with Chopra and received her Chopra Health Instructor, Meditation Instructor, and Total Well-Being Coach certifications in 2021.

Kathy believes wellness is unique and individual to each of us. Her goal is to help you live from a place of wholeness with mindful awareness. As a coach and teacher, it's her role to walk alongside you as you walk your journey. Meditation is a tool that has many benefits for the mind, body, and soul.

❖ Photo taken by Elizabeth Kate Photography

Sign up on link below:

<https://forms.gle/pmpAmyt2GvbRPfrJ8>

