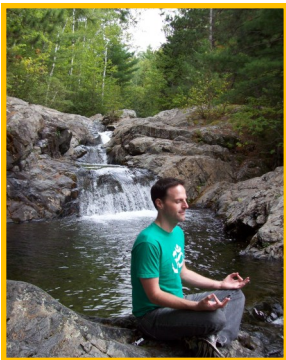
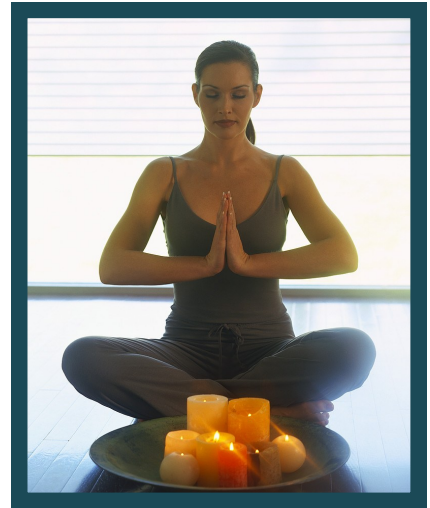


NEW! Meditation Class

This regular weekly meditation class at **Greenbriar Clubhouse** will offer instruction on the principles of meditation for both beginners and seasoned practitioners. We'll cover techniques for steadying the mind and increasing awareness of the present moment. Leave the class feeling refreshed, centered, and calm.

FRIDAYS 9:15 - 10:10am

Email **Brian** (brianjcritchley@gmail.com) with questions or to register today. Pre-registration and payment to **Jersey Shore Healing Arts** is required.



\$50 for 5-week Series

Nov 7 - Dec 19

(no class 11/28 or 12/12)

**Drop-in
Students
Welcome!
\$13**

Practice can be done seated in a chair, seated on the floor, or reclined on the floor on a yoga mat. Students are encouraged to bring any items such as pillows, cushions, or blankets that would aid in their comfort.

Discounted sessions purchased as part of series are not transferrable or refundable and do not carry over between series.



Instructor Brian Critchley

is the Owner/Director of OM Central Jersey Massage & Yoga, and is also a graduate of Inner Light Yoga Center, Somerset School of Massage Therapy and Princeton University. He was inspired to start his yoga practice 20+ years ago in order to increase the flexibility in his tight leg muscles. While his hamstrings are still tight, yoga has helped him recover from a serious back injury, decrease stress levels, and increase energy, stamina, and strength. His Hatha Yoga teaching style encourages both newcomers and seasoned 'yogis' to bring their awareness to healthy alignment during their yoga practice. He truly believes that yoga is beneficial for *everybody* and that *everybody* can do yoga!

VISIT BRIAN'S WEBSITE AT WWW.OMCENTRALJERSEYMASSAGEANDYOGA.COM