

# Summer 2014 AMS Meditation Classes in New York, Westchester & Rockland Counties

Teacher	Town	Class	Venue	Day & time	Start date	Contact for registration
Lauren	Bronx, NY	Intro/Beginner (4 weeks)	New York Botanical Garden	Sundays 1:30 PM	20-Jul	<u>800.322.NYBG (6924)</u> <u>www.nybg.org/adulted/</u>

The class is offered in a 1+3 format. The introductory class (How to Relax Profoundly) is followed by a three-week course (Beyond Relaxation to Full Aliveness). The initial class is a prerequisite for the three-class program.

For cost/location/registration, kindly go to the venue website or call their registration line.