

Upcoming AMS Meditation Classes in Westchester /Rockland / NYC

Teacher	Town	Class	Venue	Day & time	Start date	Contact for registration
Lauren	Bronx, NY	Beginner (3 classes)	New York Botanical Garden	Sunday 1:30 - 3 pm	27-Jul	800.322.NYBG (6924) www.nybg.org/adulted/
Merrill	White Plains	Advanced	44 Midchester Ave	Saturday 10:30 - 12 noon	6-Sep	914-946-5334
Merrill	White Plains	Advanced	44 Midchester Ave	Mondays 7:30-9	8-Sep	914-946-5334
Sophia	Scarsdale	Intro/Beginner	Scarsdale Adult School	Tuesday 7:30-9 pm	9-Sep	914-723-2325
Lauren	Manhattan	Intro/Beginner	New York Botanical Garden Midtown	Wednesday 6-7:30 pm	1-Oct	800.322.NYBG (6924)
Maria	Scarsdale	Intro/Beginner	Scarsdale Adult School	Tuesday 10:30 am - 12 noon	7-Oct	914-723-2325
Anna	Chappaqua	Intro/Beginner	Chappaqua Continuing Education	Tuesday 7:30-9 pm	14-Oct	914-861-9421
Merrill	Valhalla	Intro/Beginner	Westchester County Community College Continuing Ed	Saturday 10:30 - 12 noon	25-Oct	914-606-6830
Marcia	Irvington	Intro/Beginner	Intervillage Continuing Education		27-Oct	914-606-6534
Lauren	Bronx, NY	Intro/Beginner	New York Botanical Garden	Sunday 1:30 - 3 pm	25-Jan-15	800.322.NYBG (6924)

For cost/location/registration, kindly call the phone number of the venue.

Most Intro/Beginner classes follow a 1+3 format; the initial class (How to Relax Profoundly) is followed by a three-week course (Beyond Relaxation to Full Aliveness)

Advanced is a five-class series where additional and personalized meditation practices will be taught. Beginner is a prerequisite for Advanced.

More information on meditation is available at www.americanmeditationsociety.org