

Mindfulness: Eliminate Stress & Seek Inner Peace through Meditation with Vinay Chhabra



Date: Thursdays, April 6th, 13th, 20th, 27th

Time: 11:00-12:30pm

Location: Cancer Support Community
530 Hampshire Road
Westlake Village, CA 91361

Cost: Free

RSVP: Please RSVP (805) 379-4777

Please join us for this special four-part series in meditation led by experienced meditation mentor, Vinay Chhabra. These classes will give you the capacity to improve your health, your relationships, and the skillfulness of all the activities you engage in. Meditation will make you calm, gentle, loving and give you freedom from fear.

To prepare for the class: Meditation is most effective when participants do not eat solid food for two hours before the class. Floor mats are provided, but feel free to bring one.

Vinay Chhabra is the CEO of Pacific Senior Care, meditation instructor and practitioner of yoga for 35 years.

Please RSVP 805-379-4777

Remember that we are a fragrance free environment, please refrain from wearing perfume and/or scented lotion.