

**The UCSD Retirement Association presents
Free Meditation Class
with UCSD FitLife's Vou Athens**



Friday, December 7, 2018

Friday, March 1, 2019

Friday, May 31, 2019

All sessions start at 11:45 AM and end at 1:15 PM

at the UCSD Retirement Resource Center (UC 400)

Please register online at <https://hrweb.ucsd.edu/ra/>

or call (858) 534-4724, if you do not have online access.

The practice of meditation is used by people all around the world to empower the mind to accomplish numerous means, including: promoting relaxation, building up internal energy and force, and developing powerful life emotions such as compassion, love, patience, generosity and forgiveness. Join us for these Meditation Sessions with UCSD's FitLife Meditation Specialist, Vou Athens. Whether or not you have ever meditated, you will enjoy this chair-based meditation class, as our UCSD FitLife coach guides you to the blissful silence behind thoughts. These sessions are part of the Retirement Association's Healthy Living and Healthy Eating Seminars.