

A person is shown from the waist up, sitting in a meditative pose on a field of tall, green grass. Their hands are resting on their knees in a mudra. The background is a soft-focus field of similar grass under a bright sky. The overall tone is peaceful and natural.

# Meditation

FOR BEGINNERS

with Sherri Koehler

**SATURDAY JANUARY 27**

**11AM-1PM**

**\$30/MEMBER | \$40/GUEST**

Join Sherri Koehler as she unpacks the practice of meditation and explains how to easily incorporate meditation & mindfulness into your wellness routine. Find more information on this workshop and register on the Stafford Hills App.

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