

STAFFORD HILLS CLUB

# MEDITATION

for beginners

Saturday, January 12<sup>th</sup>  
11:30AM-1:30PM  
\$30/MEMBER \$40/GUEST  
SHC Yoga Studio

Join Sherri Koehler as she unpacks the practice of meditation and explains how to easily incorporate meditation & mindfulness into your wellness routines.

Register on the Stafford Hills App or contact the front desk.

