



FOR IMMEDIATE RELEASE

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READY. SET. BREATHE.

Inhale. Exhale. Take in the moment. At the Sedona Meditation Training Company, you can learn how to take it all in.

Immerse yourself in self-care by allowing your mind and body to get the nourishment they need through meditation. Reconnect with your core, reduce stress and learn what the exploration and comfort of silence and breath can do for you.

Sedona Meditation Training Company makes meditation easy for anyone and has programs to recharge, refresh and revitalize you.

Learn to meditate in the Meditation for Beginners course, or take time for the Sedona Meditation Experience. You can even learn the popular

meditation technique that Deepak Chopra raves about.

Recently featured in the *NY Times*, Sarah McLean, the director of the Sedona Meditation Training Co., was one of the founding directors of the Chopra Center in California and has over 20 years' experience in the personal growth arena. She and all the certified trainers at the Sedona Meditation Training Company skillfully demystify meditation and make the practice accessible to anyone.

Check the latest course offerings in Scottsdale and throughout Arizona at www.SedonaMeditation.com, or email meditate@esedona.net.

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