



MEDITATION CENTER

Qualcomm Sports, Fitness & Aquatics Complex

Lawrence Family Jewish Community Center • JACOBS FAMILY CAMPUS
 4126 Executive Drive • La Jolla, California 92037 • www.lfjcc.org • (858) 362-1337

SEPTEMBER / 2017

www.balancedmindmeditation.org

JCC FITNESS FRONT DESK
 (858) 362-1337



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Balanced Mind Morning 10:30–11:00 A.M. Rhonda Mason	Balanced Mind Refresh 10:20–10:50 A.M. Julie Potiker				
		Balanced Mind Refresh 12:35–1:05 P.M. Bert Roberts				
				FITNESS CENTER HOURS Monday–Thursday6:00 A.M.–9:00 P.M. Friday6:00 A.M.–6:00 P.M. Saturday8:30 A.M.–6:00 P.M. Sunday.....8:30 A.M.–6:00 P.M. OPEN TO THE PUBLIC 7 DAYS A WEEK		
Balanced Mind Rewind 6:30–7:00 P.M. Eva Beim			Balanced Mind Refresh 2:15–2:45 P.M. Julie Potiker	PERSONAL TRAINING 6 or more sessions \$70 session 1 Hour \$75 • 1/2 Hour \$35 (10 or more) Partner/Group Training available Contact Robyn for more information or to set up a session: (858) 362-1340		
				ALL BALANCED MIND MEDITATION CENTER DROP IN CLASSES \$10 FOR NON-MEMBERS <i>All other fitness drop in classes \$15 for non-members</i>		

*For your convenience, guided meditation audio available for check out at the fitness front desk for use in the meditation center.

BALANCED MIND MORNING

Tuesdays • 10:30-11:00 A.M.

Learn how to start and end your day with an intention specific to you, based on what you are personally encountering in your life. A guided contemplation session meant to get your day off to a great start. These classes are suitable for all ranges of experience from complete beginners through to advanced practitioners. Everyone is welcome!

BMMC Studio • Price: \$10; JCC Member Price: Free

BALANCED MIND REFRESH

Wednesdays • 10:20-10:50 A.M. and 12:35-1:05 P.M. & Thursdays • 2:15-2:45 P.M.

Connect with your own tender heart. This class encompasses loving kindness practices and ways to become more compassionate and empathetic toward others. Be guided step-by-step in opening your heart to the people you love, the people you dislike, and the myriad of people in your life you don't know very well. These classes are suitable for all ranges of experience from complete beginners through to advanced practitioners. Everyone is welcome!

BMMC Studio • Price: \$10; JCC Member Price: Free

BALANCED MIND REWIND

Mondays • 6:30-7:00 P.M.

At the end of the work day, enjoy a combo class of breath meditation, guided meditation focusing on a word or a phrase, and open awareness meditation, all techniques which allow you to be more calm and present in your day-to-day life.

These classes are suitable for all ranges of experience from complete beginners through to advanced practitioners. Everyone is welcome!

BMMC Studio • Price: \$10; JCC Member Price: Free



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