

# Meditate For Stress Relief



Every Tuesday Afternoon

3:30 to 4:30 pm

Cost: \$5

While stress relief can be achieved in many ways, meditation is one of the best.

Sri Lankan born, Vijay Wickrem, will facilitate this group sit. He has been meditating for 10 years, but admits that he is certainly “not there yet”. All levels are welcome and instruction for beginners will be offered.

Sitting down to meditate is not for the purpose of achieving anything. Meditation should be done to enjoy the moment (enjoyment from reduced stress at that moment). Any future benefits will come automatically.

**RoseSprings Center for the Healing Arts**

5215 NE Elam Young Parkway West, Suite A

Hillsboro, OR 97124

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[rosespringscenter.com](http://rosespringscenter.com)

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